

Mindful Walks for Life's Transitions:

Women's Walk and Talk Therapy Group at Red Rock Canyon

This trauma-informed psychotherapy group is for women navigating:

-  Anxiety
-  Depression
-  Life transitions

Together we will build practical skills through:

- ✓ Mindfulness
- ✓ Somatic practices
- ✓ Guided conversation

All within a walk-and-talk format on the trail. Creating a space to feel supported, connect with others, and grow in a way that feels grounded and meaningful.

GROUP DETAILS



EVERY 4TH SATURDAY
OF THE MONTH
7:30 AM to 9:00 AM

Exact meeting instructions
provided after registration
Ages 18+ are welcome



INSURANCE ACCEPTED
Self Pay: \$45

GETTING STARTED

Contact one of the facilitators listed below or head to our website to schedule your brief screening call. For more information or to inquire scan the QR code.

<https://www.embracewellnessscs.com/walkandtalk>



Limited Availability

CONTACT INFORMATION



EMBRACE WELLNESS

counseling services

www.embracewellnesscs.com

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