

STARTING OVER:

A group for those beginning anew after the end of a relationship

Thursdays 6:00 – 7:15 p.m.

The group is covered by most insurance plans.

Accepting new members

Call now: 717-799-3963

You will learn how to:

- Move on from your failed relationship and begin again
- Make better choices and stop repeating negative patterns
- Increase your self-esteem
- Feel comfortable being on your own

Michael Zamrin, Licensed Clinical Social Worker and Marriage and Family Therapist, has helped many people let go of negative patterns and learn more effective ways of finding a mate using proven strategies and techniques.