

# Are your **Relationships** making you feel **Angry, Anxious** or **Depressed?**

Learn what you can do to change

Our professionally run counseling groups offer you a non-judgmental, safe and dynamic place to develop your relationship skills, understand interpersonal issues better and reduce your pain.

Our groups provide a unique, personal laboratory to practice handling your feelings and relationships to improve the quality of your everyday life.

In our interactive groups, you will:

- Build your self esteem
- Develop your self presentation
- Change patterns that keep you stuck
- Improve work and personal relationships
- Learn to handle feelings better – especially anger

Accepting new members for our daytime and evening groups beginning early fall 2010.

Cambridge: Wednesdays 12 -1:30pm

Revere: Wednesdays 11 - 12:30pm

Individual and couples counseling available as well.

## **Group Therapists:**

Carl Schneider & Marcia Weiss of Collaborative Psychotherapy have been in practice for 30 years. They help clients with relationship, self-esteem, communication, work, parenting and creativity issues. Their approach to psychotherapy is collaborative, experiential, humanistic and remarkably effective.

**For information contact Marcia at 617.868.0660 or Carl at 617.868.7775**  
**Please visit: [www.collaborativepsychotherapy.com](http://www.collaborativepsychotherapy.com)**

