



JUDITH FISCHER, MA, BC-DMT, NCC
410-964-4868

Self Esteem & Self Care Therapy Group

This new group forming is designed to help those who are committed and have a deep desire to increase their capacity for experiencing self esteem and self care. Many of us suffer from blocks and resistance to our own goals. The group utilizes discussion, mindfulness practices, action activities and psycho-educational methods towards personal growth and learning new skills. This group is limited to 6 people which allows for individual attention. The experiences in this group are supportive to any other healing modalities you may already be participating in.

LOCATION 10517 Tolling Clock Way
Columbia, MD. 21044

Call 410-964-4868 or email for directions

PROGRAM SCHEDULE NEW group starting SEPTEMBER 23, 2014

Tuesday evenings: 6:30 to 7:45 pm (75 minutes)

COST \$60 PER GROUP SESSION (ask about sliding scale)

PRE-REGISTRATION INTERVIEW ½ HOUR IN-PERSON INTERVIEW at the Move and Change Studio before joining group. Call 410-964-4868 for an appointment and to reserve your spot in the group.

I am looking very forward to talking with you to see how this group will support your well being and personal growth journey.

TO REGISTER – Contact Judith Fischer at 410-964-4868 or MoveandChange@verizon.net or visit our web site www.moveandchange.com.

We are participants with the Employee Incentive Program of the Howard County Public School System.



FACILITATOR: Judith Fischer, MA, BC-DMT, NCC has board certification both as a dance/movement therapist and as a counseling professional. For over 30 years, she has provided extensive graduate-level training for mental health practitioners in both national and international settings, and has also focused her work on a series of Wellness Workshops. Since 1980, Judith has maintained a private practice, serving individuals, groups, couples and organizations through an integration of psychotherapy, counseling, movement activities and coaching.