

# HEALTHY RELATIONSHIPS GROUP

Adult Woman's Groups

Adult Men's Groups

*Facilitated by: Michelle Hirschman, LCSW, CSAT  
& Alexis Nicole Fernandez, MFTI*

**Length of Group:** 12 Weeks

**Group Start Date:** Ongoing

**When:** Tuesday/Thursday Evenings

**Where:** 2001 S. Barrington Ave. #204  
Los Angeles, CA 90025

**Cost:** \$275 p/month



- \*\*Learn how to have a better and healthier relationship with yourself
- \*\*A place to discuss challenges with relationships between family, friends, and significant others
- \*\*Education on healthy dating, sexuality, and addictive relationships
- \*\*Defining codependency and how to have healthier boundaries with others
- \*\*Learn how to communicate more clearly and directly to people in all aspects of your life

**Contact:** Michelle Hirschman, LCSW, CSAT  
310-281-8663  
[michelle@mysobercoach.com](mailto:michelle@mysobercoach.com)  
[www.mysobercoach.com](http://www.mysobercoach.com)