



LIV FAMILY SERVICES
HEALING THROUGH CONNECTION



ARE YOU READY TO STOP SURVIVING DAY TO DAY?

This **FREE Workshop** helps you define your energy levels so you can say "GoodBye" to exhaustion and "Hello" to a calm, energized and confident self

Liv Family Services

The Fill Your Cup Workshop

Learn how to identify your true energy level & take action to fill your cup!



ACCESS for FREE NOW!

livfamilyservices.com/f/free-workshop

Individual Counseling

For women desiring to heal their emotional wounds so they can feel calm, confident in themselves and connected to their loved ones.



**BOOK A FREE
CONNECTION CALL
TO GET STARTED!**

livfamilyservices.com

HELPFUL INFORMATION

- Sessions are 1 hour in length
- Total between 6-15 sessions
- Homework assigned between sessions
- Rate of \$150 to \$200 per session
- (Accept UCare, Medica, South County Health Alliance, UBH & Straight Medical Assistance)
- LICSW #24594

(ALL SESSIONS ARE VIRTUAL)