

Jo-Anne T. Liakakos, MA, LPC, NCC

Group Work and Workshops

Professional Counseling

A wide range of groups, seminars, and workshops are offered and designed to lend support and educate.

On-Going Groups

Adolescent Girl Group

An Empowering Experience To Explore An Active Voice, Build A Positive Self-Concept, And Discuss The Transitions of Girlhood

Wednesday's 6:00-7:15

Mindful Eating Group

Understand and Explore Your Relationship With Food While Learning Skills to Become Mindful of Habits, Health, and Emotions.

Wednesday's 10:15-11:30

Evening group time TBA

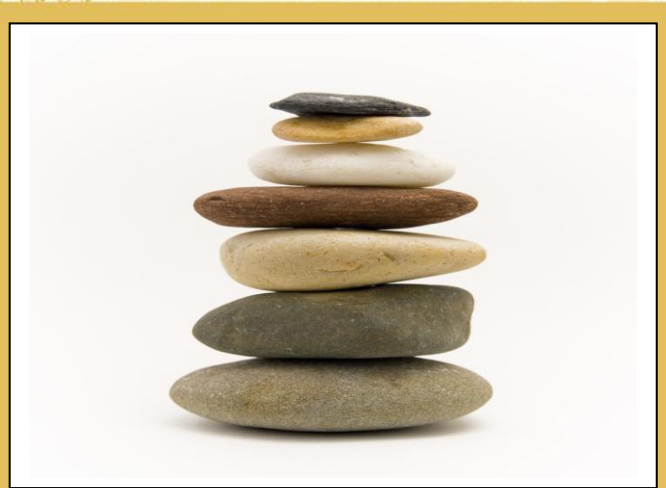
"The New Power Lunch"

Women's Group

Come Share in Social Support, Foster Empowerment, and Promote Change.

Wednesday's 12:00-1:15

Intimate Group Setting ~ All \$45/session



Please contact for more information regarding groups and visit website to see other workshops and seminars that are scheduled.

Workshops TBA Including: Premarital Relationship, Marriage Enrichment, Parenting, and Mindful Eating.



Major Counseling Solutions & Consulting

11815 Northfall Lane, Suite 1006

Alpharetta, Georgia 30004

770-674-4422

www.majorcounseling.com