



Stress is poison.

~
Agavé Powers

The fee structure is based on an eight-week commitment, needed to foster safe and open discussions.

The group will have a maximum of eight members; small enough to foster comradeship, intimacy, confidentiality, and a feeling of safety but large enough to stimulate the sharing of diverse experiences.

Tension is who you think you should be. Relaxation is who you are.

~
Chinese Proverb

Benefits of a Support Group:

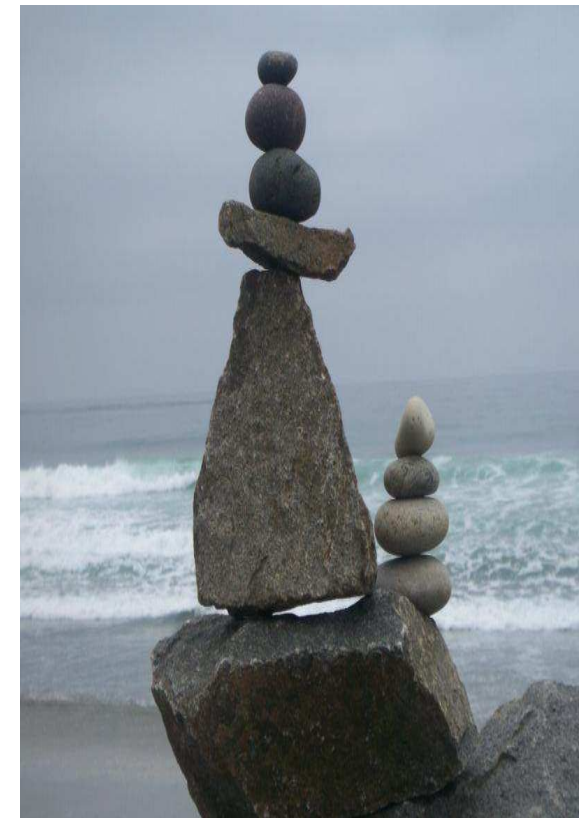
- Feel less lonely, isolated or judged
- Gain a sense of empowerment about your limits, desires, and needs
- Improve understanding of destructive patterns
- Develop understanding of emotional triggers and improve coping skills

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Stress Relief Support Group

An eight-week group for people feeling overwhelmed and stressed by life



A stress-relief support group for people feeling overwhelmed and stressed by life.

A safe, encouraging environment where group members share their concerns, learn and practice new coping skills, begin to understand emotional triggers, and gain insight into personal limits, desires, and needs.

This group, limited to eight; will provide invaluable opportunities for members to both receive support and give support to other members who face similar life challenges.

This group will help reduce daily stress and feelings of isolation, and increase self-awareness and competencies.



I try to take one day at a time, but sometimes several days attack me at once. ~ Jennifer Yane

Nancy Rubbico, psychotherapist, has a private practice in Winchester and a clinical practice at Arbour Counseling in Jamaica Plain. Her practice focuses on individuals, couples, and groups dealing with depression, anxiety, bipolar, PTSD, as well as weight and parenting concerns. She helps people manage loss, stresses, addiction, and gain insight into destructive relationships and behavior.

With a strong framework for identifying unconscious repetitive patterns accompanied by the use of cognitive behavior methods, Ms. Rubbico has successfully helped patients gain clarity, feel empowered, and increase their choices in life.

Ms. Rubbico has an M.A. in psychoanalysis and a B.A. in social work. She is an accredited group leader with over 20 years' experience. She has been a frequent presenter at parenting conferences, covering topics such as "Neuro-feedback for Treatment of ADD/ADHD" and "Understanding the Phases of Sexual Development in Children." Ms. Rubbico is a member of Massachusetts Mental Health Counselors Association (MaMHCA). In addition, Ms. Rubbico has previously worked as a non-profit fundraiser and in corporate business.

