The Armstrong Center for Hope

*Psychological and Spiritual Wellness for All Ages*

# Single Mothers Circle

## *Virtual Therapy Group*

A supportive space for connection, encouragement, and healing.

- **Mondays @ 7:00 PM**
- **Format:** Virtual
- **Schedule:** Weekly for 6 weeks
- **Session Length:** 90-minute sessions

### What This Group Will Provide

- Connection with other single mothers
- Therapist-led support
- Practical coping and parenting strategies
- Encouragement, reflection, and healing

### Your Therapist



**Dr. Jamilah L. Silver, PhD, LPA**

Dr. Silver is dedicated to helping parents and children heal, grow, and thrive.

**NOW ENROLLING**

**Contact:** acfhinfo@armstrongcfh.com | (919) 418-1718