

Ginger Lipman Wisfner, MFT

Spring 2002

Happy Spring Everyone

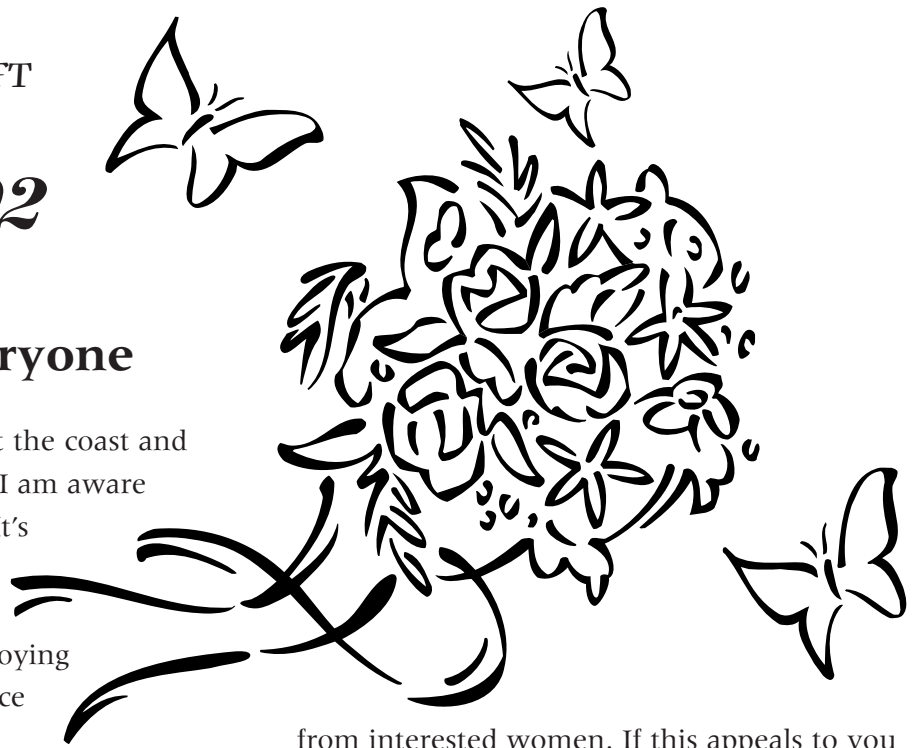
Since the sun has come thru at the coast and the feeling of spring is in the air, I am aware how happy I am that it's spring. It's been a long winter especially in light of 9/11 and being at war. I hope you are getting outside, enjoying the longer days and the abundance of nature we have in San Diego. We are so lucky to live here.

Since spring has sprung I'm busy getting another *Ready for Love and Marriage* group formed. If you or anyone you know is interested please give me a call. This group and the process of



helping people find their mates is really fun and rewarding. Everyone seems to feel it's made a difference in their life, especially when they are walking down the aisle!

I am also beginning a *Women's Support Group* and want to tell you about it. A number of women have asked me to consider having a support group for women who would like to "work" on a myriad of issues that face them, ie: job change, relationships, communication, dating, etc. or whatever they would like "their own group time" for; without the full expense of individual sessions. It will be in the evening and I am taking calls



from interested women. If this appeals to you or someone you know, please give me a call.

The *Attacking Anxiety and Depression* self help program (AA&D) has been a real benefit to my clients; and again people have been wanting a support group to meet with regularly. I hope to be able to offer that group soon as well.

I'm still working on getting my website up and running and will keep you posted as www.improveyourlife.cc evolves.

Thank you for all your hard work, support and referrals. I appreciate the effort we make to grow and change. At times it's hard, but well worth it.

Until next time. Take care.

Sincerely,

Ginger



Ready for Love and Marriage groups offered quarterly.

The Spring/Summer group is now forming!

Call for more information or just to say hi!

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