

# SAY YES TO YOURSELF!

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## ARE YOU...

**Sad, stressed, and tired of saying yes to everyone else?**

## BUT...

**Don't know what to do or how to say no?**

## LET US HELP!

**Learn coping and communication skills with us over the course of 7 weeks!**

## HOW?

Contact us at [zahra@vatherapy.com](mailto:zahra@vatherapy.com) & [drrajan@vatherapy.com](mailto:drrajan@vatherapy.com) to schedule a consultation!

## WHEN?

**Beginning February 2026  
Thursdays, 6-7:30 PM  
Virtual**

## COST:

**\$50 per session  
Sliding scale available on a case by case basis.**

