

SAY YES TO YOURSELF!

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Virginia Therapy & Wellness

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 &
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.

vatherapy.com

