

BLOOM & BELONG

A 6-Week Therapy Group for Young Adult Women

Feeling stressed, overwhelmed, or unsure of yourself? You're not alone!

Bloom & Belong is a supportive space to build confidence, manage stress, and navigate friendships and relationships. Connect with others who get it, and grow stronger together

When: February 5th 2026 - March 12th 2026, Thursdays from 5:00 - 6:30pm

Where: 2625 Redwing Road, Suite 150, Fort Collins CO, 80525

Who: Female- identifying adults, ages 18-25

Cost: \$40 per session and billable to insurance



We will explore:

Building confidence and your identity

Managing stress and perfectionism

Navigating new relationships and setting boundaries

Learning coping tools for life transition

Creating goals for yourself that align with your values

Navigating the challenges of social media and comparison

Cultivate and Connect Counseling

Facilitated by Shelby Zimmerman, MA, LPCC and Jenna Jenkins, MA, LPCC

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