

# Let's Talk About It: Education & Support for Perimenopause

## 6 WEEK ONLINE THERAPY GROUP

New cohort starting soon, limited to 10 people per group

Investment: \$75 per week

Different topics each week  
including Anxiety, Mood Swings,  
Irritability, Brain Fog, Body Image &  
Identity Changes

Learn more & register here

Email [drtera@mindfulpathpsy.org](mailto:drtera@mindfulpathpsy.org) or

Call/text 435-610-1015 for screening



Led by Dr. Tera  
Lensegrav-Benson  
Licensed Psychologist

Available to women from Montana and all

PSYPACT states: AL, AZ, AR, CO, CT, DE, DC, FL, GA, ID, IL, IN, KS, KY, ME, MD, MI, MN, MS, MO, NE, NV, NH, NJ, NC, ND, OH, OK, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WV, WI, WY

[www.mindfulpathpsy.org](http://www.mindfulpathpsy.org)