

butterfly



freedom

news release

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[www.butterflyfreedom.org/press/](http://www.butterflyfreedom.org/press/)

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## for immediate release

### Weekly Groups for Women who Suffer from Depression or Anxiety

Dr. Teresa Harris is excited to announce Butterfly Freedom group counseling sessions for women suffering from depression or anxiety. Butterfly Freedom takes you on a week by week journey to feeling better and embracing responsibility for your own wellbeing. Butterfly Freedom groups are more economic than individual sessions, and a course discount is available. Butterfly Freedom is a provider for many insurance companies.

Butterfly Freedom from Depression is a fresh approach to wellbeing, offering simple steps and practical lessons to maintaining emotional health. Butterfly Freedom from Anxiety targets panic attacks and other forms of anxiety. The emphasis in both courses is on increasing self awareness and experiencing remission-proof life tools in a lively group setting.

Often individuals who are experiencing symptoms of depression hesitate to seek assistance. When you experience a break-up or divorce, unemployment, or other forms of loss, it can be difficulty to perform everyday tasks effectively. Butterfly Freedom can help you regain your sense of control over your emotions and provide you with a variety of tools to relieve your symptoms.

## about butterfly freedom

Butterfly Freedom was founded by Dr. Harris because she felt her clients deserved a more effective, more sustainable outcome from a shorter course of treatment. After years of development Butterfly Freedom was born as a win-win healing modality.

We use the butterfly as our symbol as it is the perfect metaphor to describe how you can undergo personal development and grow into a happier you.

Dr. Harris is a Psychology Resident and a Licensed Mental Health Counselor.

See website for more details: [www.butterflyfreedom.org/press/](http://www.butterflyfreedom.org/press/)