



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



## 6 WEEK ONLINE THERAPY GROUP

Every Thursday, starting February 20th @ 3PM MT

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

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