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***Still Standing* Organization Offers Support Groups + Workshops for Women in Philadelphia**

On Saturday, January 26th from 10:30am - 12:00pm, women will gather at [The Common Room](#) in Fishtown for the first support group + workshop of the [Still Standing Series](#) hosted by [Daniela Galdi](#), Philadelphia local entrepreneur, artist and on-air QVC guest host. *Still Standing* is a new women's support community to help you get back on your feet on varying topics and lifestyles. Guests will connect with individuals and professionals who understand what one another are going through and guide each other in finding clarity and peace past current difficult circumstances. The series is based on a collective of in-person events, and online community through social media platforms on Instagram and Facebook, and a *Still Standing Podcast* that will provide listeners with further support and professional guidance based on follow up responses from event participants. "The events will provide a safe space for women to voice the struggles they are experiencing and receive guidance, advice and encouragement from those going through the same fight. Through the podcast, we will be able to stay in touch with those participants who've attended our events, track their progress and provide even more insight to our support community," says Galdi.

The first event's theme is "Getting Back on your Feet in Career and Business." Not only will participants meet and hear stories from like-minded individuals overcoming similar struggles within their job, career or business, but each event invites guest leaders to guide group discussions while offering participants well-defined expert advice, tools and resources. If an individual is feeling blocked or stuck, it is the mission of the group leaders to help them tackle and talk about what holds them back from change or progression and work past emotional barriers as well. Group leaders include the host and founder, Daniela Galdi, and licensed therapists, Alanna Gardner and Danielle Massi, co-founders of [Philadelphia MFT](#) specializing in individual and relationship therapy. Leaders will open up about struggles they've encountered as well as share their expertise to help guests navigate through difficult times. Participants will also be encouraged to engage in discussion with the leaders in order for them to provide specific, personalized advice or tools for each individual to apply to their circumstances.



Participants can expect to be welcomed with open arms by the group leaders before they embark on an intimate experience with 10-20 other women. The facility was intentionally chosen for its bright interior, warmth and highly positive energy. Guests will be seated comfortably around a group circle surrounded by inspiring and beautiful artwork of women and femme-identified creatives of *The Common Room*, 1509 N. Front Street, Philadelphia, PA. Tickets are \$35 a person. Light refreshments and workshop materials will be offered. The time will be spent sharing and encouraging all to engage in discussion and exercises, for example, a guided meditation from Massi. Individuals will still benefit should they choose to listen rather than share. This event will also serve as an opportunity to grow one's network and make connections outside of their circle with other women in similar industries as well as women business owners.

For tickets and more information, visit stillstandingtogether.com.