

Healing From Relationship Wounds

Group Therapy for Adult Women

Group will meet **VIRTUALLY**, every other week
on **Monday at 6:30pm**



This group is for young adult and adult women who have experienced traumatic or harmful relationships in their lives. Group will aim to help process the experience, decrease feelings of shame and loneliness, to gain coping and distress tolerance resources to manage the intense and overwhelming emotions that can potentially come from such a history.

FOR MORE INFORMATION CONTACT **LISA KELLOGG, LMFT, LPC** AT
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