

Therapy Groups Available!



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WTF= WHAT THE FEELINGS

THE THERAPIST LED GROUP WILL PROVIDE BI-WEEKLY TOPICS FOCUSING ON TRAUMA, COPING SKILLS, FAMILY DYNAMICS AND MORE. EACH SESSION WILL HAVE PEER TO PEER SUPPORT DISCUSSION, INFORMATION AND UNDERSTANDING AS WELL AS THE PLAN FOR THE NEXT MEETING.

REGISTER HERE



<https://wtfeelings.eventbrite.com>

MONTHLY MENTAL HEALTH MOMENTS

LEARN ABOUT HOW MENTAL HEALTH IMPACTS OUR RELATIONSHIPS, DECISION MAKING, AND MUCH MORE. IN THIS GROUP YOU WILL GAIN A DEEPER UNDERSTANDING OF COMMON MENTAL HEALTH TOPICS AND THE TOOLS TO HELP YOU TO BETTER NAVIGATE THE WORLD WITH SELF AWARENESS AND INTENTION!

REGISTER HERE



<https://monthly-mental-health-moments.eventbrite.com>

THE THRIVING FAMILY

GATHER THE FAMILY AND LEARN TIPS AND TOOLS TO CREATE A MORE PEACEFUL, SUPPORTIVE, AND CONNECTED HOME LIFE! REGISTER FOR OUR SIX-WEEK COURSE AND WALK AWAY WITH A DEEPER MORE FULFILLING FAMILY CONNECTION!

REGISTER HERE



<https://thethrivingfamily.eventbrite.com>

