



Beyond Trauma: A Healing Journey for Women

- A safe, inviting space where we will explore what trauma is and how it affects our entire being
- Sessions consist of psychoeducation, CBT techniques, expressive arts, body-focused exercises, mindfulness and relational therapy
- Develop a plan for moving forward, identifying triggers, coping skills and healthy relationships for the future
- Techniques on grounding, coping skills, self-care and emotional wellness

Investment:

90-minute 1x per week for 12 weeks
Sessions covered by AETNA
Private pay: \$55 per session

When and Where:

Every Tuesday, 7:00-8:30 pm, November 7, 2023-January 30, 2024
1845 S. Dobson Rd, Ste 101, Mesa, AZ 85202

To Register:

Please contact Maria Wildey, LMSW at 480-955-1125 via text/voicemail or

Email at Maria@eastvalleyptsdcounseling.com

Please Note:

This is a closed 12-week group. Participants who are interested should plan to attend all 12 sessions.