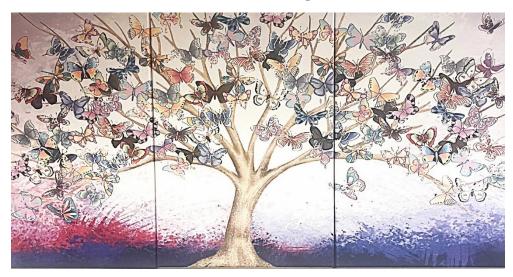
## Support Group for Highly Sensitive People

## **Now Forming**



Every other Wednesday, beginning Fall 2024, From 1:30pm to 3:00pm

**Renton Chamber of Commerce** 

625 S 4th St, Renton, WA 98057. Free parking

Cost: \$180 for each module of six meetings for people age 17 and over

Led by: Launi Treece, PhD (she/her), Psychologist

Clinical Psychologist and author of Sensitivity: From a Burden to a Blessing (available on Amazon)

I am an HSP and have been a therapist in the Renton area since 1998. I specialize in trauma and medical issues as well as Christian counseling.

## And Donna Aikens-Anderson (she/her), CPC, Mental Wellness Provider

My purpose as a peer counselor is to support peers in their recovery journey from addiction, depression and anxiety while seeking their own individual path to mental wellness. My approach is from a trauma informed perspective. I will hold hope for those peers participating in their own wellness ventures, focusing on their unique strengths. I am an HSP as well.

Being a Highly Sensitive Person (HSP) can be very challenging, especially if your primary relationships or work are difficult to adapt to. HSP's have a sensitive nervous system and cannot help what stimuli will be challenging or even overwhelming for them. Some of the more common sensitivities are to: lights, strong smells, fabrics, others' emotions, a busy environment, their own bodily sensations, etc. This support group will help participants better understand their own unique sensitivities and provide a safe and confidential place to express what they are experiencing. Dr. Treece and Donna Aikens-Anderson will facilitate the group so that participants will feel heard, understood, and able to learn from each other as well as the professional group leaders.

If you are interested, please text or call Dr. Treece at 206-890-6709. We can talk on the phone to determine if it will be a good fit. We hope to gather enough folks to begin the group in Fall, 2024.

We look forward to getting to know you and be a caring and supportive environment for our fellow HSPs! We can help you find your HSP superpowers and accept your HSP, changing your experiences "from a burden to a blessing." – Launi and Donna