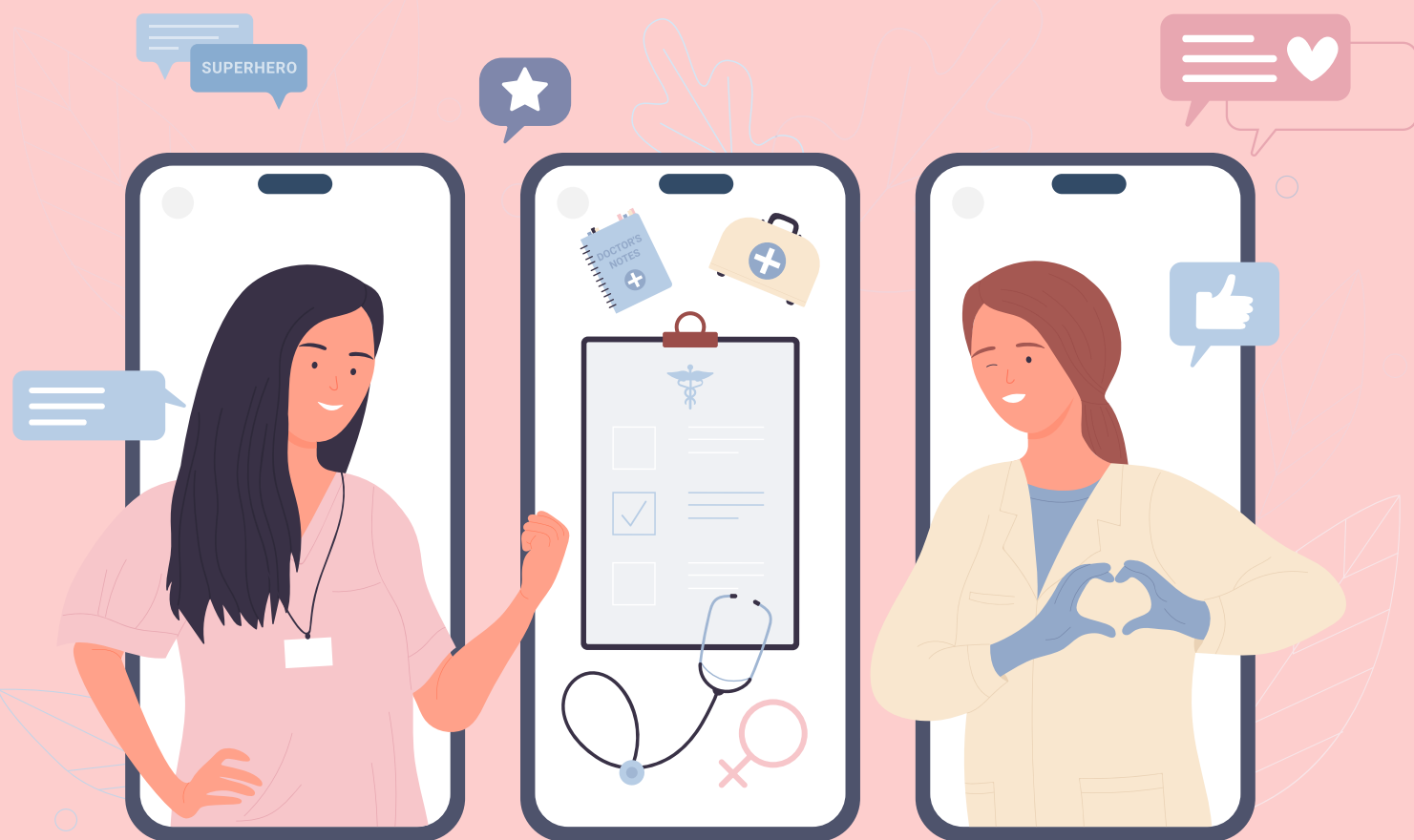


# F.O.C.U.S. GROUPS

Finding Opportunities for Connection and Understanding

## Ready to heal, grow, and transform?

Join our FOCUS group series, a transformative virtual experience designed to empower your healing journey, manage stress effectively, and cultivate lasting change. Embrace holistic wellness and connect with like-minded individuals in a supportive community.



## What you'll gain:

- Deep self-discovery & healing tools
- Stress management & emotional regulation skills
- Strategies for sustainable habit change
- Meaningful connection to foster additional support
- A space to share, provide feedback, and be genuinely listened to

## Why choose us?

Our focus group sessions provide a safe and supportive space where participants can explore personal growth, healing, and transformation. Through guided discussions, interactive exercises, and shared experiences, we create opportunities for connection, understanding, and support. These sessions help individuals gain new perspectives, practical tools, and a sense of community, fostering empowerment and lasting change in their healing journey.



**Renewed  
Spirit**

[www.renewedspirit.space](http://www.renewedspirit.space)

## 100% Virtual

We utilize Zoom for our virtual sessions, ensuring a HIPAA-compliant, secure, and confidential space for healing and growth.

## Limited Availability

Group sessions are 3-10 participants to allow space for everyone to engage in discussion. We encourage early registration!

## Duration

Group sessions are 90 minutes.

## Cost

Groups are \$30 per session. We accept many commercial insurance plans to offset this cost.

## How to Register

E-mail [drkhuber@outlook.com](mailto:drkhuber@outlook.com) or text 724-244-9073 with your name, email address, and a note of interest. We'll send you more details after we receive your message.



Finding Opportunities for Connection Understanding and Support

# F.O.C.U.S. Group Sessions

with



Dr Kendra Huber  
— PHD LPC CRS CAADC —



## Renewed Spirit

This virtual group offers expert guidance in a safe, supportive, and confidential space using HIPAA-compliant Zoom sessions. Each session explores a different topic related to healing, self-discovery, stress management, lasting change, and holistic wellness, using evidence-based techniques like CBT, mindfulness, and habit formation. Our focus group sessions provide opportunities for connection, understanding, and support, allowing participants to gain new perspectives, practical tools, and a sense of community. Sessions include guided exercises and real-world applications to help you create meaningful transformation in your healing journey.

**Theme:**  
EMOTIONAL REGULATION:  
STRESS AND ANXIETY  
SURVIVAL SKILLS

<b>Date</b>	21 March 2025
<b>Time</b>	5:30 pm - 7:00 pm
<b>Cost</b>	\$30*

**Register by** 15 March 2025

Register by email to [drkhuber@outlook.com](mailto:drkhuber@outlook.com) or  
text to 724-244-9073