

WELCOME TO OUR
Weekly Newsletter
we're so glad you're here!

Let's Celebrate!

**HAPPY
NEWYEAR**

What's New in 2024?

- ☆ **New Member Feature**
- ☆ **New Monthly Membership**
- ☆ **What's New in Group?**
- ☆ **New Blog!**

New Feature Section

WANT YOUR PICTURE AND STORY HERE??

Contact me to have your story featured here. We need your story to help others. What helped you heal, cope, or move forward can and WILL help someone else. Please contact



Monthly Membership

WHAT IT IS AND WHAT IT INTAILS

★ Access to members only app

- PARTICIAPATE IN PRIVATE COMMUNITY OF HEALERS
- ABILITY TO CONVERSE AMONG OTHERS "LIKE US"
- ACCESS TO LEARNING MATERIALS AND RECORDED MONTLY MEETINGS
- IDEAL FOR THOSE THAT WANT TO TAKE A BREAK FROM SOCIAL MEDIA, BUT NEED A WAY TO CONNECT WITH OTHERS

★ Exclusive monthly support group

- JOIN A LIVE SUPPORT GROUP FULL OF MEN AND WOMEN THAT HAVE GONE THROUGH OR ARE GOING THROUGH WHAT YOU HAVE
- LEARN ABOUT OTHERS, BUILD COMMUNITY, ASK QUESTIONS, GET SUPPORT!
- LIFE TIME ACCESS TO GROUP MEETING RECORDINGS

★ Monthly 1x1 with CTRC (CERTIFIED TRAUMA RECOVERY COACH)

- 1- 45 MINUTE SESSION WITH A CERTIFITED COACH TO HELP YOU ALONG YOUR HEALING JOURNEY

[SIGN ME UP!](#)



New in Group

2024 TOPICS HAVE BEEN
DECIDED

Come check out our free Facebook group filled with women dedicated to helping one another heal! Where we've discussed and decided what our 2024 group meetings will include!



Healing Blog

LEARN MORE ABOUT HEALING

I am adding a new blog to my website. The goal is to share more of my story, stories of others, and provide more healing and self discovery guidance!