

# NERVOUS SYSTEM SUPPORT GROUP

for those who desire self-regulation  
support and skill building.

a great group to support those  
with anxiety and/or stress

**\$20  
monthly**

- Meets the 1st Thursday of each month February - November 2026
  - 7pm in person
  - 14047 Trade Center Drive, Fishers, IN 46037
- Lead by: Jessica Turk, LCSW

## Details:

- \$100 upfront: covers commitment to group, use of SSP, and January group fee. \$20/month Feb-Oct.
- Create a safe space to build community and connection for validation and support.
- Learn about the nervous system, brain & body, attachment, trauma, anxiety, polyvagal theory, self-regulation and co-regulation.
- Build skills in nervous system reset, self-regulation, co-regulation, and mind-brain-body connection.

For more information email:  
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