

Phoenix Group

Empowering Women with Trauma

June 7, 2022 to Aug. 23, 2022

Tuesday's 6:30pm – 7:30pm

For Ages 20 and up

Topics Include:

Intimacy and Trust

Self-Esteem

Social Supports

What It Means to Be an Empowered Woman

Developing Ways to Feel Better: Self-Soothing

Emotional Boundaries: Setting Limits and Asking for What You Want



Goals:

Increased self-esteem

Increased boundary-setting

Increased emotional regulation

Increased judgment and decision-making

Decreased anxiety

Decreased depression

Decreased hostility

This is a closed group format meaning no new members throughout the twelve weeks. This will help with building social bonds and offer more group cohesion. **Seating is Limited, please book now**

Want to join us? Call or text: 410-622-3202 or send Kathleen an email.

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