

Tired of always putting others first?

It's time to put you back on your list.

If you grew up as the **caretaker**, **peacekeeper**, or "**the strong one**," it's no wonder you feel drained, doubt yourself, or fear conflict. **You deserve a safe, supportive space** to break old patterns, build new skills, and start living on your terms.

This **Emotional Trauma** online group will help you:

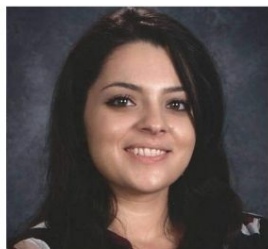
- Set boundaries without guilt
- Quiet your inner critic
- Build safe, fulfilling relationships



Starts Tues, Sept 30 @ 7 PM

\$70/session • 70 minutes • 7-Week Commitment

Strategically ends before the holidays to help you tackle social gatherings with clarity, calm, and a stronger sense of self.



Scan the QR code to sign up & learn more about Hala Maida, CA LMFT
119193 & FL TPMF1792

