



# You, Me & PMDD

## A Holistic Group Program for PMDD

PMDD isn't just about your hormones—it's about how your nervous system, brain, and entire body interact with hormonal shifts. This program is designed to empower you with knowledge, tools, and personalized strategies to manage PMDD in a way that feels aligned and sustainable.

This is not about quick fixes. It's about reclaiming your flow, understanding your body, and finding harmony—physically, mentally, and emotionally.

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**When:** Starting Tuesday 22<sup>nd</sup> July (face to face) & Thursday 24<sup>th</sup> July (Online)

**Where:** Online & Shop 2/680 Coleridge Road, Bateau Bay (Raw Wellbeing Co.)

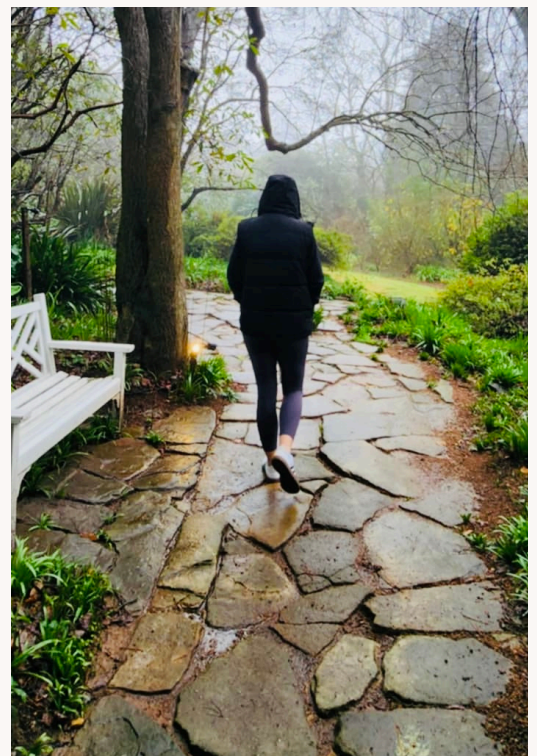
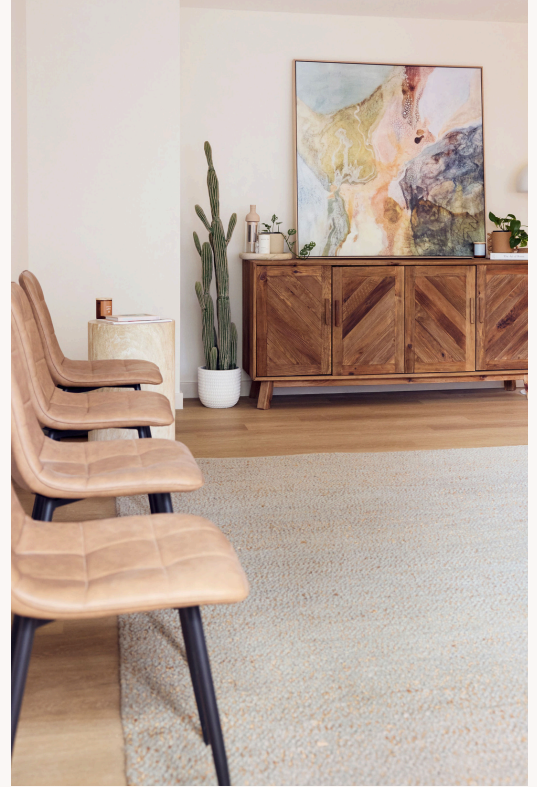
**Cost:** \$40 per session

**Duration:** Ends week of 22<sup>nd</sup> Sept

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With  
Psychologist  
& PMDDer  
Tania



## Program Outline

The purpose of our **You, Me & PMDD Group Program** is to create a community for those living with PMDD or premenstrual distress.

A safe space to connect with others and just feel less alone in your experiences.

Run by clinicians with **professional knowledge and lived experience**, meaning we truly get it!

### *The Program Structure:*

1. Fortnightly Group Sessions
2. Monthly Email Check-Ins
3. Private Facebook Group

All Group Sessions are run the same day each fortnight. We have a structure below, however the themes can be driven by the groups needs, to ensure everyone get's the values they are seeking.



- ✓ Community
- ✓ Guided nervous system exercises & strategies
- ✓ Breath & yoga techniques
- ✓ A private online community for connection & support
- ✓ Guest speakers on PMDD & holistic health
- ✓ FREE My PMDD Support Plan
- ✓ Access to additional resources & ongoing support





# Program Outline

## **Sessions 1 & 2: Understanding PMDD Through An Integrative, Human Centred Lens**

Including nervous system regulation & PMDD, Connections to Neurodivergence & Complex Trauma, psychological & somatic approaches to management.

## **Sessions 3 & 4: Thriving with PMDD & Building a Supportive Life**

Including relationships & boundaries with PMDD, self-compassion & emotional regulation, support systems and creating your own support plan.

## **Session 5: Lifestyle, Nutrition & Natural Alternatives**

Including the role of gut health and nutrition in PMDD, movement & sleep for PMDD and natural supports for PMDD.

*“The goal isn’t perfection—it’s about learning to work with your body and cycle, learning to move from hostility and fear into acceptance and flow”*



# Program Outline

## ***Payments***

All payments are due at the time of the group. You are able to bank transfer or pay via credit card.

The payments are “Pay As You Go”

Cancellation fees do apply if you cancel within 24 hours. However, if you are unwell, please let us know and we can consider your circumstances

You are welcome to stay as part of our program for as long or less as you need.

We aim to keep the groups small, so that we can build and sustain warmth, safety and an individualised approach. The groups are therefore closed once the groups reaches capacity (8 for in person & 10 for online).

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