



Think childhood trauma and life experiences aren't affecting you and your relationships? Think again!

Life has its challenges, and sometimes, past traumas can weigh us down. If you're ready to break free and build a stronger, healthier future, this group is for you. Join us to develop essential life skills that help you thrive—no matter where you are in life.

Why Join This Group?

- Reclaim control over your thoughts, relationships, and emotions.
- Break free from limiting patterns caused by trauma.
- Learn actionable skills to build resilience and thrive.

What You'll Gain:

- **Tools for Trauma & PTSD Recovery:** Understand and manage the impact of past experiences.
- **Supportive Community:** Connect with others who are on a similar journey.
- **Structured Approach:** Work through the eight dimensions of Dr. Dor's **I PROFESS** model (Intellectual, Physical, Relational, Occupational, Financial, Emotional, Social, and Spiritual).

Session Details:

- **When:** Wednesdays, twice a month
- **Duration:** 8 hours total (2 sessions per month)
- **Fee:** \$50 per session
- **Pre-registration Required:** Unlock 8 hours of transformative training by pre-registering for 8 sessions.

- **Who:** Open to both men and women ready to grow and heal
- **Location:** 549 W. Wheatland Road, Duncanville Tx 75116

Meet Dr. Dor

A compassionate expert in trauma recovery, Dr. Dor brings years of experience helping individuals heal from childhood and life traumas. Her innovative **I PROFESS** model is designed to empower you to achieve balance and resilience.

Are You Ready to Take the First Step?

- Spaces are limited — Reserve your spot today!
- **Email:** info@sotmlifeskills.com
- **Phone:** 972-709-1180
- **Website:** www.sotmlifeskills.com

Break Free. Build Resilience. Thrive.

[Click here to register online](#)