

Healing the Wounds of Trauma & Abuse

***This group is for females who have suffered & survived
trauma & abuse.***

Participants will:

- Begin healing through renewing of the mind
- Engage in mentally & emotionally healthy relationships
- Learn to establish personal limits & boundaries
- Draw strength from positive inner qualities
- Explore & work toward resolution of current fears
- Establish avenues toward lifestyle balance
- Begin developing healthy self-esteem & self worth
- Experience the journey of life with a refreshing, courageous outlook

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