

Wounded Hearts

Women's Support Group

September 30-December 16
Monday Evenings- 6-7:30pm
Led by: Tina Goode, LPC-MHSP
and Cassie Smith

Join us for a 12-week group for women survivors of childhood sexual abuse to find hope and healing together.

Using the Wounded Hearts curriculum by Dr. Dan Allender, a small group will work through these complex issues step by step.

Participants will learn to:

- Identify impact of past and present experiences and feelings related to sexual trauma
- Process the emotions and damage of sexual trauma that affect our relationships with God, self, and others
- Connect with others with similar experiences and reduce sense of isolation

**THIS GROUP IS FREE TO CLIENTS
THANKS TO A GRANT**

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