



EMPOWERING YOU LLC

LIFE AFTER TRAUMA

A virtual support group for women struggling
with the past in the present

**WEDNESDAYS | 5:30-6:45 PM
\$65 PER GROUP (WITH MONTHLY
COMMITMENT)**

This group is open to all women who identify ways that their past traumas have impacted their every day lens. This could be in the form of core beliefs, past/current relationships, values, PTSD symptoms and more. Members can expect to build connections with each other while tapping into their innate resilience to empower them to thrive after trauma.

**TO SIGN UP, EMAIL
INFO@EMPOWERINGYOU.LLC.COM!**