



EMPOWERING YOU LLC

LIFE AFTER TRAUMA

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

WEDNESDAYS | 4-5:15 PM

RESTARTING IN 2023!

\$80 PER GROUP

(WITH MONTHLY COMMITMENT)

FACILITATED BY KATE STEPHENS, LCPC

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!**