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The Trauma Healing Center offers a safe space to work through trauma held in your body in an honest and authentic manner.

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## Empowering Women

Connect and feel empowered with women in a safe space while processing struggles with self, relationships, and your world.

**Women's Intimacy Group**  
**Wednesdays**  
**from 6pm-8pm**

**Relationship Issues**

Care-taking. / Betrayal. / Abuse./ Lack of intimacy.

**Love Addiction**

Toxic relationships. / Feeling stuck. / Losing yourself.

**Toxic Shame**

Feelings of Inadequacy. / Trauma.

**Daily Struggles & Self Care**

Learn to put your own needs first at home and work. / Moving from surviving to thriving.

**This is an 8-week closed group.**  
**Spaces are limited.**

Learn more about  
Jackie Allen, LISAC, CSAT at  
[TheTraumaHealingCenter.com](http://TheTraumaHealingCenter.com)  
or call 602-550-0175