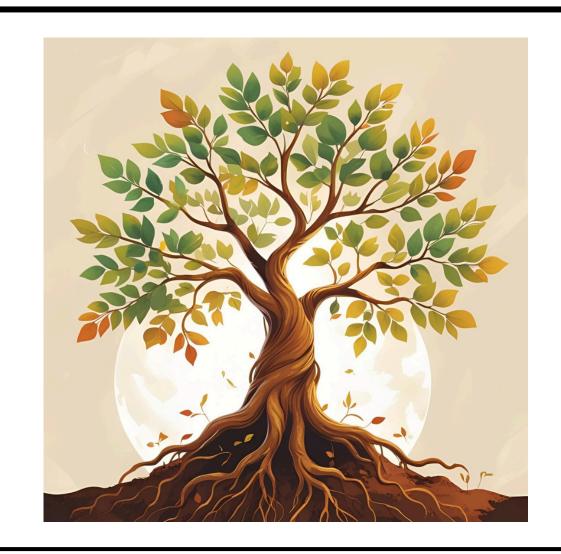
## Healing Attachment Wounds



## An Introspective Processing Group



Join us in exploring attachment types both conceptually and in a deep, body-sensed way. Understand & connect with your inner world gently with concepts and tools borrowed from Attachment-Based, IFS, EMDR, Focusing & Inner Child Therapies.

## Goals of the Group:

- Develop a deeper understanding of your attachment experience and it's origins
- Identify attachment themes and work with internal dynamics
- Engage in your own personal process for an opportunity to heal inwardly and connect more profoundly with others

## When & Where

When: Mondays, Oct. 20 - Nov. 24, 2025

Time: 12-1:30pm or 5:30-7pm TBD

Where: Virtual via Google Meet

Cost: \$500 total for 6 meetings

Registration: https://forms.gle/bteUFXqvsCZqnun49



Group **Facilitators** 

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> Nicole Mitchell, RP <u>nicolemitchell.net</u>

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