



Empowering children, parents and couples
before, during and after separation or divorce

FamilyKind in partnership with
Queens Long Island Community Services
INVITES YOU TO OUR VIRTUAL GROUP

HEALING from EMOTIONAL, ANGER
AND RELATIONAL TRAUMA

TAKE HEART and REGAIN CONTROL OVER TRAUMA FROM
YOUR EMOTIONS, ANGER or ANOTHER



Certificates will be awarded upon completion.

When: Wednesdays starting January 11th – March 1, 2023

Time: 7:30 – 8:45 pm Certificate awarded upon completion of at least 7 sessions

Where: On Zoom. You will receive the link upon registration.

Cost: \$80 for the entire 8 week session.

Scholarships are available based on financial need.

Facilitators: Dr. Paul Engel, DHL, LCSW & QLICS staff

Please call: 516-547-4318 or 718-461-6393 for more information

Workshop Description:

In this eight-week virtual group, we will distinguish between appropriate and inappropriate expressions of anger while exploring the hidden emotions behind the anger particularly in view of relational trauma. We will focus on healing with positive strategies and responses to deal more effectively with anger, extreme narcissism and gaslighting.

