



QUEENS LONG ISLAND
COMMUNITY SERVICES

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: Wednesday evenings from April 19 – June 7, 2023

Time: 7:30 – 8:45 pm ET. 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.

Or register [HERE](#).

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.



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

Your donation to FamilyKind is tax deductible under applicable law. Learn more about us at FamilyKind.org.