



Present



Healing from Emotional, Anger, & Relational Trauma

When: Starts Mondays 10/20 & Wednesdays 10/15

Time: Mon. 12:30 pm, Wed. 7:30 pm; 60 min.

Where: On Zoom. Link sent after registration.

Cost: \$65 for 4 sessions and \$120 for 8 sessions

Workshop Description:

Focus on healing with positive strategies to deal more effectively with anger and other emotions.

TOPICS include Coercive control, Traumatic narcissism, Gaslighting, Grief, Forgiveness as part of the ongoing discussion.

Please call 516-547-4318 for more information.

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

Scholarships available based on financial need

Register