

# Authentic Women's Support Groups

Each strictly limited to 8 women

These support groups will be both flexible and structured to create safety and challenge you to keep growing & going... with authenticity.

Although all of our stories are unique and nuanced there are common threads in both injuries and in healing.

With the isolation of the pandemic, we need supportive places more than ever. We heal by sharing and hearing our stories~ and supporting each other to grow and shine authentically.

## HAS YOUR PAST TRAUMA ECLIPSED YOUR JOY TODAY?

- Are your emotions or negative thinking hard for you to control?
- Are you overwhelmed by anger, fear, sadness, anxiety, or shock?
- Is it hard for you to feel safe, even in your own home?
- Is it hard for you to tell your own stories of trauma or pain?
- Are you feeling isolated? Even sometimes when other people there?

## IN AUTHENTIC WOMEN'S SUPPORT GROUPS WITH ELIZABETH NEWMAN

- Be validated & freed by sharing your story in a safe space
- Understand how trauma affects us- it is not your "fault"
- Feel safe & supported in a vulnerable community space
- Become 'friends' with your own self on a deeper level

STARTING SOON!

TWO GROUPS

MONDAY, APRIL 12

OR WEDNESDAY

14TH

*Commit to Yourself and the Group*  
April and May weekly for 2 hours on Zoom

Mondays 1-3 PM pst  
& Wednesdays 5-7 PM pst

\$200 for month