



JOIN THERAPIST CYD MCDANIEL, LCSW

FOR

From Surviving to Thriving Women's Workshop - Monday, Feb 8th 2021 @ 6:30pm - 7pm

(5 sessions @ \$375 total) [\(Online\)](#)



Designed for WOMEN ages 18 - 45 who have experienced traumatic events to process their experience, gain insight and know that they are not alone. Women have the opportunity to develop trusting connections with other WOMEN on a healing journey. Learn about trauma and techniques to effectively cope with intrusive flashbacks, dreams and memories while exploring core beliefs, values and attitudes about trauma. (Limited seating)

6:30pm - 7pm Mon, Feb 8, 2021 -FREE Info Session

6:30pm - 8pm Fri, Feb 19, 2021 Part 1

3:00pm - 5pm Sat, Feb 20, 2021 Part 2

3:00pm - 5pm Sun Feb 21, 2021 Part 3

3:00pm - 5pm TBA Part 4

3:00pm - 5pm TBA Part 5