

WOMEN'S TRAUMA-INFORMED SUPPORT GROUP



Ashley Sheff, LCSW

*EMDR Trained Clinician
Supervisor & Director
of Outpatient Trauma Services*

**A group by women, for women, to provide a
safe space for processing past trauma,
current relationship dynamics, and coping
with life's challenges.**

\$50/group

Highmark and Aetna accepted!
Sliding Scale Options Available



Cara Dixon, LPC, NCC

*EMDR Certified Therapist
Schema Therapist
Founder/CEO of Growth Minded*

Virtual Group

Mondays from 10 - 11am
Starting October 2nd, 2023
Email Ashley to sign up:
asheff@growthmindedco.com

In Person Group: Wayne, PA

Fridays from 10 - 11am
Starting October 6th, 2023
Email Cara to sign up:
cdixon@growthmindedco.com