

WOMEN'S TRAUMA-INFORMED SUPPORT GROUP

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

\$50/group with sliding scale options available



Meet your facilitator:

Ashley Sheff, LCSW

EMDR Certified Clinician

*Director of Outpatient Trauma
Services at Growth Minded*

In Person Group

West Chester, PA

Weekly on Thursdays from 1:00 - 2:00 pm
beginning April 18th, 2024

*Email Ashley to sign up:
asheff@growthmindedco.com*