FamilyKind Empowering children, parents and couples before, during and after separation or divorce

QUEENS LONG ISLAND COMMUNITY SERVICES

PRESENT

HEALING FROM EMOTIONAL, ANGER, AND RELATIONAL TRAUMA

Sessions are ongoing with breaks

60 minute virtual sessions, link is sent after registration

Mondays @ 12:30 pm | Wednesdays @ 7:30 pm

$65 for 4 sessions | $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.

Facilitated by: Dr. Paul Engel, DHL, LCSW & QLICS staff

Scholarships available based on financial need

REGISTER HERE