



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**