



Present



# Healing from Emotional, Anger, & Relational Trauma.

**When:** Wednesdays starting September 13, 2023

**Time:** 7:30 – 8:45 pm

**Where:** On Zoom. Link sent after registration.

**Cost:** \$80 for the entire 8-week series

### Workshop Description:

We will focus on healing with positive strategies to deal more effectively with anger and other emotions, extreme narcissism and gaslighting. Grief, forgiveness, and releasing ourselves from pain are discussed.

Scholarships are available based on financial need.  
Certificates available.

**Facilitators:** Dr. Paul Engel, DHL, LCSW & QLICS staff

Please call: 516-547-4318 for more information.