

SUPPORT GROUP FOR ADULTS ABUSED AS CHILDREN

In this group we will look at the long-term effects of physical, sexual, and emotional abuse. We will explore residual feelings of anger, guilt, shame, and fear as a result of trauma. We will see how unresolved feelings keep us stuck in negative behavioral patterns which hinder our capacity for trust, intimacy, and commitment,. Through the use of group support, we will learn how to change limiting beliefs, manage “coping” behaviors. We will develop more positive ways of interacting with ourselves and others as we move beyond survival.

ONGOING GROUP
TUESDAYS: 6:00 – 7:30 P.M.
\$45.00 PER SESSION

165 ARCH STREET,
REDWOOD CITY, CA
Sequoia Counseling Services
www.sequoiacounseling.com

For more information call Pat Grabianowski, MFT
650-363-0249 X 114

Pat has 27 years experience facilitating groups dealing with various problems stemming from childhood physical, emotional, sexual abuse.



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