
hope after hurt

Unburdening and Renewal

Virtual | Same Members | Day TBD | Time TBD | 12 weeks

A therapy group for adult survivors of childhood trauma who want to explore how their childhood experiences have and continue to impact their life. No matter where you might be on your journey. Together, we will discuss and share about common themes survivors experience. We get curious about things like trust, safety, and intimacy. Along the way we will learn a lot, feel a lot, and find strength in each other. Hopefully we will break the silence and see ourselves in a new light, too.

Sign up today :)



the Tohwikeli group tenets...

This is a safe and confidential space.

We are all here to heal.

We have the power and the right to learn.

We have the courage to try new things.

Discomfort is really opportunity for growth.
