

EMPOWERMENT THROUGH EMDR

8-Week Group for Women

Why Join Our Group?

- 8-week group focused on building confidence & resilience
- Reduce anxiety & learn to feel safer in your body with proven EMDR techniques
- Practice new tools in a supported, safe space
- Price: \$480 total for 8-week group (\$60 per session) - includes guided exercises, resources, & personalized support at a fraction of the cost of individual therapy

In-Person: Tuesdays 5:30 - 6:30 pm (CST), January 14 - March 4
Roots Collaborative Care (Goodlettsville, TN)

OR

Virtual: Mondays 11:00 am - 12:00 pm (CST), January 13 - March 3

Secure your spot today! Scan the QR code to schedule your free group consultation:

sararadercounseling.com

Facilitated by: Sara Rader, LPC/MHSP
Licensed Mental Health Counselor

