

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
- Includes guided exercises, resources, & personalized support at a fraction of the cost of individual therapy

Virtual & In-Person Options Available

Virtual Group: Tuesdays 11:00 am - 12:00 pm (CST), March 25 - May 13

In-Person (Goodlettsville, TN): Fridays 11:00 am - 12:00 pm (CST), March 28 - May 16

Cost: \$480 total for the entire 8-week group (\$60 per session)

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

