

Restoration Anonymous Recovery Group for Victims of Narcissistic & Emotional Abuse

Not all wounds are visible.

In this group, we will guide you through 6 different phases of recovery:

- 1.) Despair: Survivors will identify their Despair from having been abused.
- 2.) Education: Survivors will be provided psychoeducation on specific ways abusers harm others.
- 3.) Awakening: This is the point in recovery when survivors have the "aha moment".
- 4.) Boundaries: Survivors will be taught different types of boundary setting and ways they can start implementing those boundaries.
- 5.) Restoration: Survivors will be given tools to start their own journey of restoration, whether it is restoration of material items, life event moments, financial stability, physical health, mental health, or any other losses the survivor identifies as having been stolen during their season of abuse.
- 6.) Maintenance: This stage will teach each survivor how to fully live their life of recovery with the confidence and skills to keep themselves safe from future abuse.

-7 WEEK GROUP EVERY WEDNESDAY FROM 9-10AM STARTING JANUARY 9TH-

INSURANCE MAY REIMBURSE YOU FOR A PORTION OF THE COST FOR EACH SESSION OR THERE IS AN OUT-OF-POCKET COST OF \$85/SESSION.

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Any woman is welcome to this group regardless of where you are in your journey...you may have left your abuser years ago, you may currently be in an abusive situation, or you may not have any intention of leaving your abuser.