

KNOW YOURSELF

✦ Build awareness, gain resilience, and reconnect with yourself. ✦

8 week group open to adults 18+

Know Yourself is a group designed to help individuals understand trauma, its effects on the body, and ways to reconnect with themselves. Without diving directly into personal trauma, this group provides a safe space to explore the neuroscience of trauma, emotional regulation techniques, and the power of self-awareness. Through mindfulness, somatic practices, and practical coping strategies, participants will gain tools to navigate their emotions, set boundaries, and strengthen their sense of self. Join the journey of understanding yourself, resourcing your nervous system, and fostering self-compassion as you move forward in your healing.

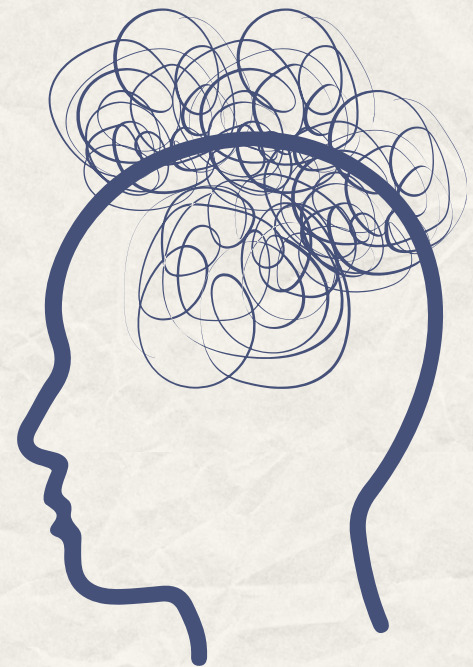


Wednesday Evenings,

Starting April 23rd

6:30 - 8:00 pm

Daytime availability coming soon!



Objectives:

- Understand Trauma and the Body
- Build Emotional Regulation Skills
- Explore Attachment and Boundaries
- Develop Somatic Awareness

*Group facilitated by
Rachael Plyler, LAMFT*

Please email info@arrowheadfamilysystems.com to inquire about starting dates and to register.