



Inner Child Healing Group

Virtual Therapy and Support

Join a safe, confidential, and affirming environment to explore **how difficult early childhood experiences have affected you:**



- Intimate relationships
- Family and friendships
- Self-esteem and life choices

Activities will include:

- Strategies for inner-child healing & reparenting
- Guided visualization and meditation
- Writing and art-based exercises
- Group processing and support

Facilitator:



Shara Concepcion
MSW-I

- **Starting Jan 23, 2023**
- **Mondays, 7-8:30pm**
- **Virtually: Google Meet**
- **8-Week commitment**
- **\$75/session - discounts for pre-payment can get cost to about \$60/session. Out of network benefits may apply.**

TO JOIN:

SHARA@NYCCOUNSELING.COM