



REVISION
CHRISTIAN COUNSELING

Rediscovering Me:

Narcissistic Abuse Recovery Support Group

FOR INDIVIDUALS SEEKING TO **PROCESS AND HEAL**
FROM THE NARCISSISTIC RELATIONSHIPS IN THEIR LIVES

- Gain new insight on the damaging cycle Narcissists brings to their relationships
- Learn mindfulness strategies for personal grounding and regulation
- Gain support and community from others who have faced similar relational trauma through story telling elements within a safe and supportive environment

Details:

Thursdays from
April 10 - May 29
8:00am - 10:00am

Cost:

\$400 or 2
payments of
\$200

It's time to exist again.

FOR MORE INFORMATION CONTACT:
WELCOME@REVISIONCC.COM OR (314) 802-6232

