

**Building Inner Resources:
Cultivating Inner Strength & Resiliency**

Expressive Arts Group for Women



Led by Theresa Soltzberg, AMFT 125038 & Louise Sturm AMFT 123259, APCC 8935

Tuesdays: 1:00 – 2:30 PM PST | 7 sessions - \$35 per session

Location: 1414 Soquel Avenue, Suite 220, Santa Cruz, California 95062

This trauma-informed group for women will focus on building internal strength and resources to support healing, strength and resiliency. Using such approaches as mixed media visual arts (watercolor, acrylics, pen, watercolor paper, paint pens and collage), guided meditation, writing and journaling, poetry, words, and mark making, we will explore and support each other as a group, and learn practical skills to support our journey of growth, healing, and transformation.

Topics include:

- Identifying your resources and strengths; exploring your story
- Creating a safe place and building boundaries
- Making connections; building internal self-awareness
- Balancing to affect change and transformation
- Redefining our stories with gratitude and self-compassion
- Honoring grief, letting go, and managing transitions
- Reconnecting, cultivating strength, envisioning the future and moving forward

**Reserve your spot today to learn more about this
transformative experience: bit.ly/tihelps**

Contact us with any questions

Theresa - tsoltzberg@therapyinmotion.care | 831-704-6106

Louise - lsturm@therapyinmotion.care | 831-607-9925

Disclaimer: This is a coaching group to support people living with a trauma history and optimizing their life moving forward. This is not a therapy group. If you are struggling with PTSD and other mental health conditions please seek out medical or psychological treatment. Payment in advance of the start of sessions is required to ensure a consistent learning and growth experience for all.