



Total Health & Wellness Associates, PLLC
Bringing it all together... Mind, Body & Spirit

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Office Locations

31700 W. 12 Mile Road
Suites 100 & 250
Farmington Hills, MI 48334

245 Barclay Circle
Suite 400
Rochester Hills, MI 48307

1025 E. Maple Road
Suite B-7A
Birmingham, MI 48009

432 N. Saginaw Street
Suites 415 & 433
Flint, MI 48502

Women's Trauma Support Circle



Have you experienced abuse, assault, or other forms of trauma?

You are not alone.

This group is for women and femme identifying individuals who have survived traumatic experiences. Group members will have an opportunity to connect with other survivors, give and receive support, and learn valuable skills for managing the symptoms of trauma.

Skill building includes:

- Grounding techniques
- Anxiety management
- Self soothing
- Mindfulness
- Rewriting the narrative of trauma & more

Biweekly Group Meetings: Wednesdays from 5:30-7 PM at the Farmington Hills location of Total Health & Wellness Associates, PLLC.

Dates for groups: July 10, July 24, August 7, August 21, September 4, September 18, October 2, October 16, 2019

Cost: \$35/group or \$240 if paid in full.

Register by July 5th. Group space is limited. To register or for more information, contact Adrianna Sesi at asesi.thwa@gmail.com or (248) 592-7352