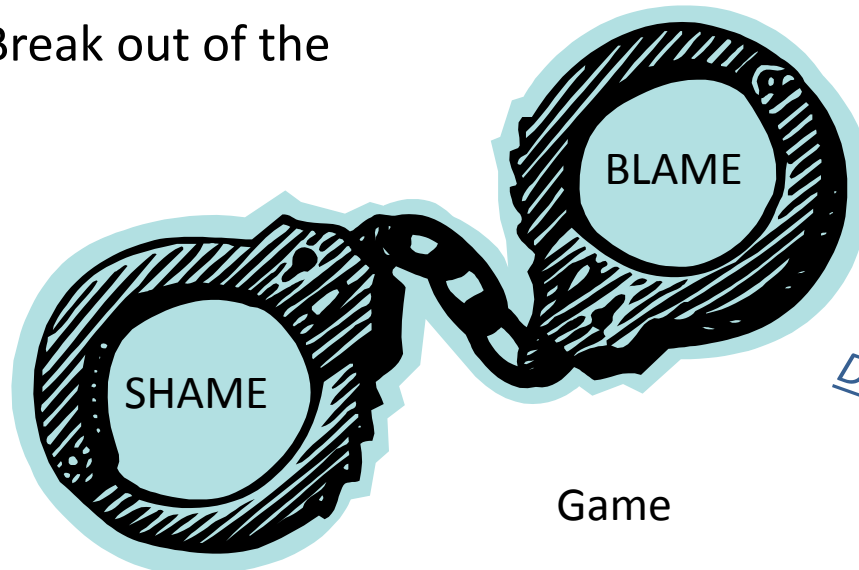


CONNECTIONS

Shame Resilience Group

Break out of the



Perfectionism
Low Self-Worth
Defectiveness
Rejection

Anger
Isolation
Criticism
Disconnection

Using Brene' Brown's Curriculum & Research

- Recognize shame & your personal triggers
- Practicing critical awareness
- Reaching out
- Speaking shame

- 12 week series
- Contact: 562-0001
Stephanie Warnock, LCSW
- Most Insurances Accepted