

# Writing to Heal:



## Narrative Processing Group

A group that fosters a safe, supportive, and validating environment to explore through written word the complexity of one's experience, develop skills to increase self-acceptance, shift troubling life narratives, and practice the use of writing as a grounding technique in moments of distress.

For: Queer, Trans, Gender-Diverse individuals experiencing depression, anxiety, trauma, and mental health difficulties, 18 and older

Wednesdays from Feb 15 - April 19 2023

3:30-5pm, Virtually - Must Commit to Weekly Meetings

This is a closed group: anyone interested must complete an intake screening prior to acceptance. Group will be billed through insurance; private pay options available.

If interested or have questions, please email [narrativegroup@transhealth.org](mailto:narrativegroup@transhealth.org) to set up an intake screening.



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