



Online, Monthly Therapeutic Groups

Frederick Buechner

“In one sense the past is dead and gone, but in another sense, it is of course not done with at all or at least not done with us.”

Movie & Story Membership Program

This monthly, 90-minute live group provides ongoing, sustainable ways to engage your past through movie reflection guides and group discussion. It brings together emotional themes from film and our need to clarify our life story in seeking greater freedom and healing.

- **When:** Third Tuesday of each month 6:00-7:30 AM MST
- **Cost:** \$95 per session
- **Location:** Zoom
- **Find out more:** Email amy.au@untold2rewritten.com

Daughters of Traumatized Mothers

This monthly, 60-minute, live group explores the challenges adult women, raised by wounded mothers, face in their personal and relational lives. Books such as *Understanding the Borderline Mother* and *Mother Hunger* help women clarify their young experiences and their path towards greater wholeness.

- **When:** First Tuesday of each month 6:30-7:30 PM MST
- **Cost:** \$50 per session
- **Location:** Zoom
- **Questions:** Email amy.au@untold2rewritten.com

Healing from Childhood Trauma (begins Jan 2024)

This monthly, 90-minute, live group explores multiple challenges facing those recovering from childhood harm from caregivers. Topics include dissociation, chronic shame, self-regulation and recovering interoceptive ability in order to experience safety in relationships.

- **When:** First Sunday of every month 6:30-8:00 PM MST
- **Cost:** \$75 per session
- **Location:** Zoom
- **Reserve your spot:** Email amy.au@untold2rewritten.com