

LIMITED GROUP EXPERIENCE



Reclaiming You

Helping individuals reframe thoughts
and reconstruct self-worth after
harmful, toxic, and abusive religious and
spiritual adverse experiences.

MEETING DATES:

WEDNESDAYS 4:30 PM - 5:30 PM

FEBRUARY 18

FEBRUARY 25

MARCH 4

MARCH 11

Honors Building (Mason Hall East)

Room 114



**Pre-screening
required by 2/13/26**

For more info contact:

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