

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:**

**[jlfarr@jsu.edu](mailto:jlfarr@jsu.edu)**

**[kcuthrell@jsu.edu](mailto:kcuthrell@jsu.edu)**

**256-782-5475**