

# Narcissistic Abuse Recovery Group

Are you struggling to heal from a narcissistic relationship? You're not alone.

Our virtual 10-week guided support group offers a safe and compassionate space for survivors to process their experiences, regain confidence, and build resilience.

## What You'll Gain:

- ✓ Insight into narcissistic abuse and its effects
- ✓ Tools to rebuild self-esteem and set boundaries
- ✓ Support from a licensed therapist & group members
- ✓ Strategies to heal from trauma and move forward

## DETAILS

Sunday Evenings  
Time: 7:00 - 8:00 pm  
Start Date: 3/30/25  
End Date: 6/1/25  
Location: Virtual

## REGISTER

817-381-6866  
alicia@rootedrebellioncounseling.com  
www.aliciahb.com

## COST

\$35 per session  
(10% discount for  
full 10-week  
enrollment - \$315)

Facilitated by: Alicia Hawley-Bernardez, PhD, LMSW



HEALING HAPPENS TOGETHER.  
JOIN OUR GROUP TODAY!

Call/Text: 817-381-6866

Email: alicia@rootedrebellioncounseling.com

Website: www.aliciahb.com or www.rootedrebellioncounseling.com