



# Experiential Process Group

for middle-aged  
Professional Women

1

Build community with other women -  
Gain support, validation, and acceptance

2

Process trauma at your own pace, through somatic  
and experiential interventions

3

Reduce shame and isolation

4

Increase your sense of self-worth

5

Discover and eliminate the blocks to joy in your life  
so you can live more fully



Facilitated by Dr. Lindsay E. Vaughn

In Person, at Hazel House, in Berry Hill

Inquire by emailing [Healing@HazelHouse.net](mailto:Healing@HazelHouse.net)

every other Monday

5:30- 7:00 pm

\$65