

CHANGING THE PATTERNS WE LEARNED IN CHILDHOOD

Breaking the Cycle of Dysfunction



- *Are you a people-pleaser?*
- *Are you a natural caregiver and feel guilty when you put yourself first?*
- *Do you have difficulty expressing your emotions and feeling vulnerable?*

ABOUT THIS GROUP

Led by Marjorie Roberson, LICSW, this group is for women in their late 20s to late 30s who grew up in families where their needs were not met as children due to family problems such as substance abuse, mental illness, child abuse or neglect and other stressors that you might not think constitute "trauma."

Starting Tuesday, September 8th from 7PM-8:15PM biweekly via Telehealth

HOW TO JOIN THIS GROUP

If you are interested in participating in the group, please contact support@cccmentalhealth.com to set up an appointment with Marjorie to determine together whether this is the right group for you.



Capitol Hill Consortium
for Counseling and
Consultation LLC



202-544-5440



support@cccmentalhealth.com



www.cccmentalhealth.com