



# Group Now Forming

## Healing Steps for Partners

Now Available in Office or  
Online via Zoom

*As a Healing Steps for Partners group member you will receive a complimentary copy of my workbook: **Healing Steps for Partners: Using the Twelve Steps of Empowerment for Partners®**.*

In this group you will never hear the words enmeshed, codependent, co-addict, angry, sick, hysterical, crazy or (heaven forbid) borderline! You will hear healing, empowered, healthy, traumatized, loving, boundaries, strong, balanced, mindful, connected, and wise.

This confidential group meets:

12:00 PM - 1:30 PM - Wednesdays or  
6:00 PM - 7:30 PM - Thursday via Zoom

### TrueSelf Transitions

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[TrueSelfTransitions.com](http://TrueSelfTransitions.com)

Our next group is beginning soon and is filling up quickly. Space is limited to six members and screening is required for admission to the group.

Please call 281.788.9436 to schedule your free 15 minute consultation and to see if this group is right for you.

\* If you already have a therapist, please know that this group is not meant to replace individual therapy.

