

Healing the Heart & Freeing the Child-Within: A Ten Week Therapy Support Group



The Family Wellness Center
1000 Briarsdale Rd
Harrisburg, PA 17109
(717)558-8500 ext 1 or 5



Emotional, Physical and Spiritual pain are often woven together in a complex and intricate web of chronic stress, anxiety, depression, and compulsion. Unresolved guilt, worry, fear, anger, and shame, along with feelings of unworthiness, heart break and traumatic loss all have a cumulative and toxic impact on our mind, body and spirit.

If you are feeling burdened by emotional pain, struggling to cope with a loss or feeling stuck on your journey to wholeness, this 10 week experiential therapy group will provide a safe, nurturing and supportive environment to launch your journey toward healing and free the child that still lives within.

This is an experiential therapy group where you will have the opportunity to release painful emotions, process losses and reclaim and free the child within to live a more fulfilling and abundant life. Expressive arts therapies, guided imagery, affirmations, meditation, journaling, EFT and traditional psychotherapy will be utilized in a safe, nurturing and supportive environment to promote healing and transformation.



- **Release Painful Emotions**
- **Heal Wounds from the Past**
- **Reclaim your Inner Child**
- **Let Your Spirit Soar!**

Call for Group Dates/Openings
Group Meets 2 Hrs, 1x a week (for 10 Weeks).
Call for dates & times

About the therapist:

Deborah Coulston, MA, MATS, LMFT, is the Director of the Family Wellness Center and a Licensed Marital and Family Therapist with over 25 years experience in the Counseling, Expressive Arts Therapies, and Nutrition Psychotherapy field.