

# RELIGIOUS TRAUMA SUPPORT GROUP

## A FREE Virtual Support Group

Join our supportive, non-judgmental group for individuals recovering from religious trauma. Together, we'll explore healing from guilt, shame, and harmful beliefs while rebuilding a sense of self and reclaiming personal values.

### TOPICS DISCUSSED

- Overcoming guilt, shame, and fear
- Setting boundaries and reclaiming autonomy
- Rebuilding personal beliefs and value
- Navigating relationships post-trauma

MEETS EVERY MONTH  
VIA ZOOM

REACH OUT WITH ANY QUESTIONS  
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### ABOUT ME

Briana Gonzalez-Evans MA, LPC-Associate, Supervised by Jennifer Buffalo MA, LPC-S, LMFT. I have experience helping individuals understand and recover from religious trauma. Together, we can heal and regain a sense of self.

