



Connect & Empower Group *with* *on Zoom!* Jennifer H. Carey LMHC



Through guided meditations and facilitated exercises and discussion using mindfulness practices and basic parts work (from Internal Family Systems) you will experience the following:

- Connection to self and others
 - Access to inner and outer wisdom
 - Mindfulness/Awareness of self and others
 - Empowerment of self and empowering others
 - Self healing and healing of others
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Free Sessions:

Tuesday, July 19th from 6:15-7:15pm

Wednesday July 20th from 11:30am-12:30pm

Tuesday, August 2nd from 6:15-7:15

Wednesday August 3rd from 11:30am-12:30pm

sign up here 

jenniferhcarey.com/services/

Jennifer Carey,
Ed.S, LMHC

helping you heal, learn, and grow