

COME TOGETHER

Coming Soon

A Therapeutic Group for Understanding Anger, Building Connection, and Healing Division

- You are not alone. Your anger makes sense.
- Together, we'll explore what it's trying to tell you, and how to move forward with strength, connection, and clarity.
- Your stories matter.

**Interested or
Have Questions?
Amanda McDowell**

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This group may be a good fit if you:

- Feel reactive, frustrated, or emotionally exhausted
- Struggle with conflict or differences in relationships, work, or family
- Want to understand why certain situations trigger strong emotional responses
- Feel isolated or worn down by division or hostility
- Are seeking a thoughtful, supportive space to process experiences with others
- Want to move toward understanding and connection without sacrificing authenticity

Participants can expect to gain:

- Insight into the roots of anger and emotional reactivity
- Tools to shift from defensiveness to curiosity
- Skills for engaging across differences with clarity and compassion
- Supportive connection with others navigating similar struggles
- Greater emotional resilience in challenging environments
- Awareness of how personal history and worldview shape perception

*This is **not** an anger-management group. It is a reflective, insight-oriented, relational process experience.*



Group Details

Weekly therapeutic group for adults with agreement to uphold respect, boundaries and safety. **Two-time options offered each week.** Start date and exact meeting times to be announced

Interested participants are encouraged to reach out to express interest or ask questions.

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