



# Reclaiming Your Spirituality Group Therapy

Are your beliefs shifting, leaving you with more questions than answers?  
Have religion or spirituality left a mark that's hard to name?

You're not alone.

This 8-week closed therapy group offers a safe, non-judgmental space to explore doubt, spiritual or religious trauma, identity, and what you truly believe, without agenda or pressure. All perspectives are welcome. Curiosity, safety and healing is at the center of the discussion. Together we'll work toward self-trust, self-compassion, and exploring a spirituality that feels genuinely yours.

\$42/week (\$336 total) | BCBS accepted  
(\$42/30min intake interview for new clients)

Location: Still Waters Psychotherapy  
3313 Bob Wallace Ave SW Suite 201 B Huntsville, AL 35806

When: Mondays, June 8-August 3rd | 4:00-5:15pm (No meeting July 6)

**If interested, contact:**

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