

Supportive Connections

COMMUNITY SERVICES • 501(c)(3) NONPROFIT

INSPIRED BY BRENÉ BROWN'S RESEARCH

SHAME RESILIENCE / WOMEN'S GROUP

Shame, seen.

A space for women to feel less alone.

Through guided reflection and conversation, we will notice shame and its triggers, question painful expectations, practice empathy, and find ways to speak up and reach out. Each session includes guided discussion, reflection, and practical ways to respond to shame with empathy and connection.

RECOGNIZE SHAME | PRACTICE EMPATHY | SPEAK YOUR NEEDS

12 GROUP WEEKS • 90 MINUTES EACH

Three 4-week blocks, with a break between blocks

$35 per person / session

$30 per person / session when prepaid

$360 total for all 12 sessions

FACILITATORS

Melissa Ottum, AMFT + Alistarr Helmick, AMFT | BBS Registration Pending

Supervised by Jay Alarcon, Licensed Marriage and Family Therapist #134460

LET'S CONNECT

Call or text (619) 722-8148

2727 Camino Del Rio South, San Diego, CA 92108

SCAN FOR DETAILS

sccscommunity.org