



**The JAYC Foundation is sponsoring a new group for women in the community that are recovering from or currently experiencing a significant life event.**

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## **Connection Focused Women's Group**

This will be a six session group held on Thursdays at 3 pm - 4:15 pm.

**Dates: October 24 and 31, November 7, 14, 21, and December 5.**

Connection Focused Therapy® is a multidisciplinary modality designed to help people become empowered as individuals while learning to support, collaborate with and draw strength from loved ones, peers and communities. This process not only helps individuals recover from trauma and re-group after disruptive or traumatic experiences, it gives families/individuals the skills they need to handle crisis, uplift each other, and thrive long term.

This is a skill based equine facilitated group designed to promote skills for self- management of regulation and co-regulation skills. The group is provided courtesy of The JAYC Foundation.



**For more information, please contact Alicia at (707) 388-1653 or  
[admin@transitioningfamilies.com](mailto:admin@transitioningfamilies.com).**