

LIMITED GROUP EXPERIENCE



Reclaiming You

Helping individuals reframe thoughts
and reconstruct self-worth after
harmful, toxic, and abusive religious and
spiritual adverse experiences.

MEETING DATES:

WEDNESDAYS 4:30 PM - 5:30 PM

OCTOBER 7

OCTOBER 14

OCTOBER 21

OCTOBER 28

Honors Building (Mason Hall East)

Room 114



**Pre-screening
required by 10/02/26**

For more info contact:

jlfarr@jsu.edu

kcuthrell@jsu.edu

256-782-5475