

# THE SHANTI GROUP

HEALING AND PERSONAL GROWTH

A 12 WEEK GROUP

Beginning May 13th

Wednesdays 5:30 - 7:00pm

- Creating healthy boundaries
- Increasing self-worth and motivation for change
- Developing coping strategies to better manage moods
  - Letting go of shame
  - Providing psycho education on trauma
- Building grounding techniques and resourcing skills

If interested please visit our  
website at [mesavistawellness.com](http://mesavistawellness.com)  
or call our front desk staff at  
505-983-8225



[MesaVistaWellness.com](http://MesaVistaWellness.com)



**Mesa Vista**  
**WELLNESS**

TRANSFORMATIVE, WHOLE-HEARTED LIVING