

Join Us With Cayla Meredith

For A How Do I Heal
Workshop



Trauma Survivor, Educator + Speaker



WHEN:
NOVEMBER 3RD 2023

FROM:
12:00PM-1:00PM



How Do I Heal?

In the wake of complex trauma, healing can feel both impossible and overwhelming.

As a result, a lot of survivors may not engage in healing practices because they don't know how or where to start.



LINK TO SIGN UP HERE:

