



SATURDAY MORNINGS

STARTING IN SEPTEMBER



SERENITY CIRCLE COUNSELING

201 Main Street W, Isanti, MN



SerenityCircleCounseling.com

BEYOND TRAUMA

"Beyond Trauma" is a 9-week psychoeducational group that blends trauma-informed learning with mindfulness practices to support nervous system healing and self-awareness.

Participants will explore how trauma affects the brain and body while building practical coping skills in a safe and supportive environment.

Group Therapy

- 9-week Psychoeducational Series
- Small Group Format
- Lead by Dr. Sean Fields, PsyD, LP
- Mindfulness Techniques
- For Adults 18 and Older
- Billable to insurance or self pay options

CALL TODAY!

Call For Registration
763-600-2911

Limited seats available — early registration is encouraged.