



RISING BEYOND TRAUMA CIRCLE

“Rising Beyond Trauma Circle” 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.



SATURDAY MORNINGS

TIME: TBD

STARTING IN FEBRUARY 7TH, 2026



SERENITY CIRCLE COUNSELING

Isanti, MN

Group Therapy

CALL TODAY!

763-600-2911

Limited seats available



SerenityCircleCounseling.com