



Sasha Strong and Brave Space, LLC present:

Brave Grace

An interpersonal process group for
trans women and trans-feminine people

Group therapy provides:

- * A stronger sense of community or support
- * Stronger interpersonal skills
- * Deeper insight into emotional challenges
- * More comfort being emotionally open and vulnerable

While some people may feel intimidated by the idea of joining a group, group therapy offers benefits not available through individual therapy or counseling. It helps us to realize we are not alone in our challenges. Another group member may address an issue you did not realize was affecting you, or share something you haven't felt able to admit about yourself. Through the group process, members become more comfortable being vulnerable with others, and ultimately, with themselves.

12 Weekly Groups on
Thursday evenings 7:00-8:30 pm at
Brave Space: 5627 SE Woodstock Blvd, PDX 97206
Begins: March 22, 2018
Ends: June 7, 2018

\$120 for 12 sessions (\$10 per session)
Sliding scale available to those on OHP or Medicare

To register or for more information, contact:

Sasha Strong, MA, LPC Intern 971.279.7261 sasha@brilliancycounseling.com