



### WORKSHOP INFO

Sunday, Sept. 11, 2016

Time: 1:00pm – 3:00pm

Cost: \$25 per workshop

Material's Fee: \$5

**Dr. Sharie Stines,  
PsyD, CATC-V, LPCI**

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# Narcissist Mother Abuse Recovery Workshop

## Lifeline Counseling and Educational Services

*Be the subject of your own life, not the  
object of someone else's*

Do you struggle with the effects of being raised with the trauma of having a narcissistic mother? Come learn how to heal from the resulting complex PTSD and anxiety.

Topics covered during this workshop:

- Finding your voice
- Healing from emotional numbing
- Somatizing symptoms (when your body holds the pain)
- Learning to give back the responsibility for your mother's life and happiness to her
- Learn to love yourself

Please call or email you information in order to register for class:

(562) 706-4251

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