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
counselingfordays@gmail.com
www.lifelinecounselingservices.org