

THERAPY UNINTERRUPTED PRESENTS

How to Feel Without Falling Apart

GROUP THERAPY IN FARSI

In these challenging times, when society and circumstances are beyond our control, this weekly and virtual group therapy offers a safe and supportive space to gain skills for **emotional regulation** and **inner balance**.



“

We are wounded in relationships, and we heal through relationships.

”

— GABOR MATÉ —



LANGUAGE:
FARSI



DURATION:
6 WEEKS
2 HOURS EACH SESSION



VIRTUAL
NOV 5-DEC 10, 6-8PM



FEE: \$40/SESSION
240\$ TOTAL
(6 SESSIONS)

FACILITATED BY:

Mehrnoosh Tahsil
REGISTERED PSYCHOTHERAPIST
(QUALIFYING)

TO REGISTER & LEARN MORE PLEASE SCAN THE
QR CODE OR VISIT THE LINK IN BIO:



@therapyuninterrupted

@mehrnoosh.therapy