

FamilyKind Empowering children, parents and couples
before, during and after separation or divorce



**QUEENS LONG ISLAND
COMMUNITY SERVICES**

Present



Healing from Emotional, Anger, & Relational Trauma.

When: Starting Monday, March 10, 2025

Time: 1 – 2:15 pm

Where: On Zoom. Link sent after registration.

Cost: \$60 for 4-week series

Workshop Description:

Focus on healing with positive strategies to deal more effectively with anger and other emotions, coercive control, traumatic narcissism & gaslighting. Grief, forgiveness and releasing ourselves from pain are also part of the ongoing discussion.

Scholarships are available based on financial need.

Facilitators: Dr. Paul Engel, DHL, LCSW & QLICS staff

Please call: 516-547-4318 for more information.

[Register Here](#)