



# Women's Group

## "Reclaiming You"

An 8-week process group for adult women to explore their identity and values and reclaim their story.

**Facilitated by:** Melissa Mims, AMFT #143958 and Jenni Gordon, LMFT #90971

**Cost:** \$50/per session

Services may be covered by insurance if group therapy is included in your plan. Private pay is also available.

**When:** 5:00 pm to 6:30 pm every other Tuesday\* this Fall  
September 2nd through December 2nd, 2025

**Where:** Arch Collaborative's Center for Resilience – GROUP ROOM  
1400 Oregon Street, Redding, CA. 96001

**Who:** Females or female-identifying adults (18+)

**Reserve your spot:** Call our team at (530) 232-0525 to pre-register.

REGISTER TODAY, SEATS ARE LIMITED!







# Women's Group Schedule

## "Reclaiming You"

**September 2, 2025**

Welcome/Intro night – Building the Container

Why are we here? What are our goals for this time? What do we need to feel safe?

**September 16, 2025**

Identity Exploration and Values Clarification

**September 30, 2025**

Exploring Self-Compassion and writing our SFD

**October 14, 2025**

Exploring the "Felt Sense" of Self-Attunement

**October 28, 2025**

Boundaries work!

**\*November 4, 2025 (no gap week)**

Experiential work and ART exhibit

**November 18, 2025**

Owning (and sharing) our Stories

**December 2, 2025**

Wrap up, Reflections, and Gratitudes

\*Due to Holiday schedules, November 4th will be one week after the October 28th event and will proceed bi-weekly from there.