



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: 5:15 pm to 6:30 pm every Tuesday this Fall (except for Veterans' Day)
September 23rd through November 18, 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 23, 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 30, 2025

Identity Exploration and Values Clarification

October 7, 2025

Exploring Self-Compassion and writing our SFD

October 14, 2025

Exploring the "Felt Sense" of Self-Attunement

October 21, 2025

Boundaries work!

October 28, 2025

Experiential work and ART exhibit

November 4, 2025

Owning (and sharing) our Stories

November 18, 2025

Wrap up, Reflections, and Gratitudes

*No group due to Veterans Day November 11th.