



Survive 2 Thrive Therapy
Empowering women to thrive through therapy

survive2thrivetherapy.com

Women's Healing Circle

A Therapy Group for Women Healing from Complex Trauma

Back by popular demand: an 8-week therapy group for women who have experienced childhood, relational, or other ongoing trauma and are navigating its lasting effects. You don't need a formal diagnosis to join. Sometimes the most impactful traumas are the ones that leave invisible scars.

Together, we will

- Begin to understand how the past may continue to show up in our emotions, relationships, bodies, and nervous systems
- Explore patterns of survival and protection
- Build greater understanding and compassion toward ourselves
- Create space for connection with other women who may share similar experiences

Step outside of the isolation that comes with experiencing trauma and find connection with others.

When

Thursdays, 5:30–7:00 PM

Beginning October 1, 2026

8 weekly sessions

Fee

\$75 per session

Sliding scale options available

Where

In person in San Mateo, CA

Exact location shared at intake

For California residents

The space is warm and inviting, with floor cushions or chairs. Tea and snacks are always out, each participant receives a journal and art supplies, and the last session is a potluck with a vision board.



Facilitated by

Tina Aggarwal, MS, MA, LMFT

To join, email

taggarwal@survive2thrivetherapy.com

We'll talk briefly about what you're looking for and whether this group feels like the right fit for you.