

*Symmetry of Self Counseling Center*

# Symme TRY Skills

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## 6 WEEK SKILLS BUILDING GROUP

Through movement, sensory activities, creative and expressive arts and meditation/visualizations, SymmeTRY Skills brings groundedness and calmness to the mind and body. These skills for emotional regulation help restore balance and symmetry to a system that is struggling with or recovering from stress, big emotions, flashbacks and more. Learn how to bring yourself back to the present moment and find peace.

Get out of your head and into the now!

**All you have to do is SymmeTRY!**

\$40 per 1 hour session without insurance, insurance copay subject to plan

Email [Heather@symmetryofself.com](mailto:Heather@symmetryofself.com) for more information.