

# **About Our Programs**

Choose one of four dynamic mental health programs to help you begin or continue an informed and empowered mental health journey. Each program is designed in partnership with licensed therapists, spiritual leaders, and cultural experts to offer whole-person healing that integrates faith, evidence-based care, and community support.

### Contact Us

- ( care@flamingorecovery.org
- flamingorecovery.org

# **Programs Include**

- 8 Psychoeducational sessions
- 2 Panel Q&A sessions
  - The Right Fit: A Guide to Selecting Your Therapist
  - In Session: Understanding How Healing Happens
- 4 Culture and Mental Health Sessions
- Therapist Referral Service
- 12 Weeks Sponsored Therapy



**PROGRAM COST** 

\$495

Payment Plans Available

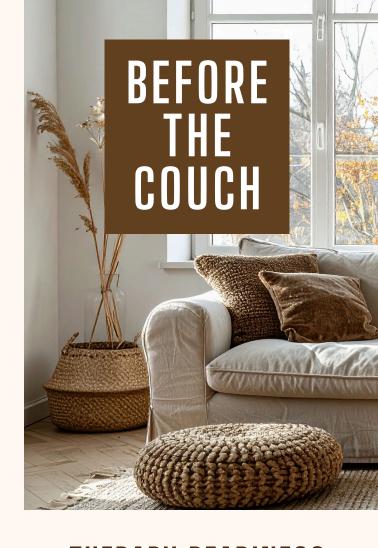
### **Testimonial**



But I really feel like He used this program to help me lean into His strength when I am going through difficulty.



I think leading through education has been way more helpful than what I'd describe as the standard method of counseling.



# THERAPY READINESS PROOGRAM

PROGRAM SCHEDULE

### CHILDHOOD TRAUMA





#### RELIGIOUS TRAUMA



## RELATIONAL TRAUMA



Heal from early emotional wounds, neglect, or instability. Rebuild safety, self-worth, and identity through therapeutic and faith-based support. Address trauma tied to race, gender, or cultural identity.
Reclaim your voice and sense of self with clinical care and affirming spiritual support.

Recover from harmful church experiences, spiritual abuse, or toxic theology. Reconnect with your faith in a safe, validating environment. Heal from unhealthy relationships, betrayal, or codependency. Learn healthy boundaries and restore trust in connection with others.

APRIL 5TH	Identity and Self			
19TH	Rejection	Rejection	Abandonment Types	Rejection
26TH	Culture and Mental Health Support Group			
MAY 3RD	Psychology and Judgement	Psychology and Judgement	Psychology and Judgement	Psychology and Judgement
17TH	Self Compassion	Self-Rejection	Mother Wounds	Defining Relationships
31ST	Culture and Mental Health Support Group			
JUNE 7TH	Self-Care	Self-Betrayal	Father Wounds	Parents
21ST	Boundaries			
28TH	Culture and Mental Health Support Group			
JULY 5TH	People Pleasing	Control	Inner Child Trauma/Reparenting	Friendship
19TH	Forgiveness			
26TH	Culture and Mental Health Support Group			