



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.

BEFORE THE COUCH



THERAPY READINESS PROGRAM

PROGRAM SCHEDULE

CHILDHOOD TRAUMA



IDENTITY RELATED 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

PANEL DISCUSSIONS

APRIL 18TH In Session: Understanding How Healing Happens

JULY 18TH The Right Fit: A Guide to Selecting Your Therapist