



# Emotionally Resilient Moms

ONLINE THERAPY GROUP

Caylin York

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Our ERM Group is designed for mothers who are ready to be in the drivers seat of their emotions. In ERM Group you will find: a safe community to share your experiences, a Christian perspective to provide Biblical support, and evidence-based therapeutic skills that will help you emotionally thrive.

Caylin York is a registered therapist at Abundant Life Therapy. She is a mother herself and understands the demands that come with parenthood. She is an advocate for mothers utilizing their God-given emotions and finding full freedom and fulfillment through the highs and lows of the journey. Join her Tuesdays online from 4pm-5:30pm starting February 6th. The fee is \$60 per session.

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