

# Creative Resilience: For Moms

Christian-Based Group Therapy

Creative Resilience is an 8-week online group therapy course for mothers (pregnant-raising toddlers) looking to strengthen their emotional, mental, and spiritual stamina.

This course will utilize God given internal strengths and the power of community to help you adapt through motherhood with confidence.

For more information, please send Caylin an email or visit our website.



## Thursdays | July 6<sup>th</sup>-August 24<sup>th</sup>

1:30-3:00pm | \$45 per session | Online

**Caylin York**

AMFT #139204 APCC #13742

Supervised by Gary Henderson LMFT #7053

Email: [caylin@caylinyorkcounseling.com](mailto:caylin@caylinyorkcounseling.com)

Website: [caylinyorkcounseling.com](http://caylinyorkcounseling.com)

The Place Within. Roseville California

# Creative Resilience: For Moms



The following information is for potential clients for group therapy. Please fill out Google Form linked below if you are interested!

Summary	<p>Creative Resilience (For Moms), is an 8 week (ONLINE) Christian-based group therapy program focused on building resilience through a holistic approach within a safe community of peers. Motherhood is a constant wave of highs and lows, and resilience is the key to growing in the low points without becoming stuck in them. Through strong resilience, we are also able to truly find joy in the full cycle of life and show up as the Mama we were created to be!</p>
Target Audience	<p><b>Mothers:</b> In this online group you will find a safe place to process the extraordinary journey of pregnancy, childbirth, and motherhood. You will also learn to tap into your creativity and use it as a tool for self-care and growth. You'll discover new coping strategies, build your confidence, and connect with a supportive community of peers who share your struggles.</p>
Goals	<ul style="list-style-type: none"><li>• Create an open and accepting atmosphere for sharing with safe others.</li><li>• Define resilience and learn applicable coping skills to expand capacity to cope</li><li>• Tap into internal reserves through hands on experiential tools</li><li>• Learn more about yourself and how you belong in the world</li></ul>
Week by Week	<p><b>Every Thursday 1:30pm–3pm ONLINE</b> <b>Week 1:</b> Welcome! Overview <b>Week 2:</b> Coping Tools (BodyFocus) <b>Week 3:</b> Emotional Intelligence (Mind/Body Focus) <b>Week 4:</b> Distress Tolerance (Mind Focus) <b>Week 5:</b> History and Identity (Social Focus) <b>Week 6:</b> Vulnerability Power (Social Focus) <b>Week 7:</b> Freedom (Soul Focus) <b>Week 8:</b> Vehicle of Grief (Mind/Body/Soul Integrated)</p>
Cost	<p>\$45 per week, includes 90 minute weekly meeting and all provided materials. (\$360 total cost over 2 months)</p>
Timeline	<p>Thursdays 1:30pm–3pm 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24</p>
Google Form	<p><a href="#"><u>Click here to fill out the form and move to the next step!</u></a></p>