



# Healing The Hurt

Group Therapy Series

Join us for our new group therapy workshops at our Cumberland Office! **The Healing The Hurt Group Therapy Series** offers an interactive and engaging learning experience designed to help participants approach addressing trauma, grief, and anger management from **CBT (Cognitive Behavioral Therapy)**, **DBT (Dialectical Behavior Therapy)**, and **ACT (Acceptance and Commitment Therapy)**.



## Embrace Healing & Self-Discovery

Unpack the impact of trauma, grief, and anger in a safe space. Through guided discussions and reflective exercises, build self-awareness, self-compassion, and resilience. Learn to set healthy boundaries and regain a sense of control over your emotional well-being.



## Strengthen Communication & Emotional Expression

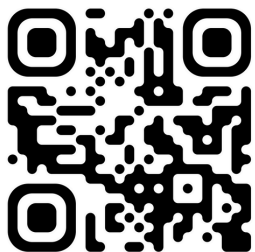
Explore effective ways to express emotions without fear or shame. Develop active listening skills, conflict resolution techniques, and tools for rebuilding trust in relationships. Discover how to navigate difficult conversations with confidence and clarity.



## Engage in Transformative Growth Activities

Take part in interactive healing exercises, including journaling prompts, group discussions, and expressive arts. Celebrate personal milestones in a supportive, judgment-free community.

## Transform Hurt into Healing, One Step at a Time.



## Interested in Joining?

To participate in our group therapy sessions, you must be a current client of Maryland Wellness or fill out our referral form.

**Scan the QR code to get started today!**



## Maryland Wellness

519 N. Mechanic St.  
Cumberland, MD 21502



**April 8 - June 13, 2025**

Tuesdays & Thursdays  
5:00 PM - 6:00 PM



**MARYLAND**  
WELLNESS

*You Matter to Us!*

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# HEALING THE HURT

## Workshop Calendar:

Tuesdays & Thursdays | 5:00 PM - 6:00 PM

**Maryland Wellness**  
519 N. Mechanic St.  
Cumberland, MD 21502

### **Tuesday 4/8/25**

Anger Angles, Six Ways to Combat Anger

### **Thursday 4/10/25**

Your Perspective Solution, Coping with Unfairness

### **Tuesday 4/15/25**

Body Mind Solutions, Frustration-Tension Tolerance Solutions

### **Thursday 4/17/25**

Problem Solving Solutions, Assertive Solutions

### **Tuesday 4/22/25**

How to Effectively Communicate with Impact

### **Thursday 4/24/25**

Mastery Over Anger

### **Tuesday 4/29/25**

Understanding Grief, Five Stages of Grief

### **Thursday 5/1/25**

Processing Grief and Integrating Loss

### **Tuesday 5/6/25**

Tools for Moving Through Grief

### **Thursday 5/8/25**

Grieving In Order to Find Peace

### **Tuesday 5/13/25**

The Living Legacy of Trauma, Surviving Trauma

### **Thursday 5/15/25**

Understanding the Traumatized Brain, Triggers and Triggering

### **Tuesday 5/20/25**

How the Brain Helps Us Survive

## How to Sign Up:

Call us today at 301-777-9600 or visit [www.mdwellness.org](http://www.mdwellness.org) and click Get Started Now to begin your journey.