



Women's Relational Group

Inner Balance Psychology is offering a 12-week Women's Relational Group designed for 10-12 women aged 30-45 who have experienced relational harm or trauma at our Marlton office.

Here's what to expect:

- ✓ Learn how relational trauma impacts the brain and body
- ✓ Build a personalized coping toolbox
- ✓ Practice skills in a safe, supportive therapeutic group



**Wednesday, April 2 –
Wednesday, June 18**



**6:30 PM – 8:00 PM
Every Wednesday**



**5 Greentree Center, 525
Route 73 North, Suite
407 Marlton, NJ 08053**

Women's Relational Group will be every Wednesday at our Marlton location with a fun potluck on the final session!



Meet Minnie Blackman, MSW, LCSW, CCTP

Minnie, MSW, LCSW, CCTP, specializes in trauma-related issues, anxiety disorders, LGBTQIA concerns, substance use, and somatic symptoms of stress. She takes a trauma-informed approach, integrating Internal Family Systems, Narrative Therapy, Interpersonal Therapy, and mindfulness-based techniques to create a safe, supportive space for clients.