

DEPRESSION & TRAUMA

INTENSIVE GROUP

Through the Looking Glass to Self Discovery

Join a supportive, skills-based intensive group designed for adults experiencing depression, trauma, and patterns that may feel stuck, overwhelming, or hard to break. Over 8 weeks, you'll gain tools, insight, and connection to help you move toward healing and hope.

Facilitator: Holly Gardner, LMHC

EVIDENCE-BASED THERAPIES

This group integrates proven therapeutic approaches to help you understand patterns, regulate emotions, and build healthier ways of coping and relating.



CBT

Identify and challenge unhelpful thoughts and behaviors.



DBT

Build skills in mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.



ACT

Clarify your values and take meaningful action toward the life you want.



SCHEMA THERAPY

Explore and heal long-standing patterns to create more fulfilling relationships and self-understanding.

CREATIVE HEALING MODALITIES

Creative expression can open new pathways for insight, healing, and self-discovery.



MUSIC



ART



WRITING

♥ *Express. Explore. Heal.* ♥

WHAT TO EXPECT

- A safe, supportive group environment
- Practical skills for managing emotions and stress
- Deeper understanding of yourself and your patterns
- Creative outlets to support healing and self-expression
- Connection, validation, and hope

YOU DON'T HAVE TO WALK THIS PATH ALONE.

Take the next step toward healing and a brighter future.

Drink Me

START DATE

8/3/2026

8-WEEK INTENSIVE

MEETS

MONDAYS & FRIDAYS

2:00 PM - 5:00 PM

LOCATION

TBAC LUTZ OFFICE
16502 N Dale Mabry HWY
Lutz, FL 33548

FOR MORE INFO

CALL
813-488-0392

SUPPORT. SKILLS. CREATIVITY. CONNECTION. CHANGE.