



Colorado Coherence Collective

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www.coloradocoherencecollective.com



Embodying Empowerment Survivor Support Groups

Support groups for survivors of violence and those with
hypervigilant or threat-sensitive bodyminds seeking to:

- **Process** our experiences with disenfranchised and suffocated grief
- **Assess** our Stress Response System patterns and map our triggers
- **Rediscover** our sense of empowerment and authentic inner wisdom
- **Extend** nonjudgmental compassion, grace, and patience to ourselves
- **Experiment** with new healthy, safe, and sustainable self-care routines
- **Accommodate** our wants and needs using assertive self-advocacy
- **Access** authentic social connection & sense of belonging in community
- **Build** skills of interoceptive awareness, nervous system regulation, emotional expression, cognitive reappraisal, and Radical Openness

Join us to learn and heal in a safe and supportive online community!

Groups:

- Thursdays 12:00 - 1:00pm
- Thursdays 6:30 - 7:30 pm

Investment:

- **Private pay:** reduced rates available
- **Insurance:** Medicaid, Medicare Anthem, Aetna, Cigna, Kaiser, United



Laurie Finnegan, LCSW

Laurie is a neurodivergent artist, activist, and survivor currently in the Post-Traumatic Growth phase of her healing journey, eager to support individuals with hypervigilant or threat-sensitive nervous systems.

Visit our website to schedule a free 20 minute consultation
or email Laurie directly: laurie@coloradocoherencecollective.com