



Navigating No Contact Therapy Group for Adults Experiencing Estrangement

Wednesdays
1:00 PM

Virtual
Biweekly

Ages 20-40

About Our Estrangement Therapy Group:

Those that have experienced loss by choosing to distance or remove themselves from unhealthy or dysfunctional familial relationships often struggle quietly with waves of grief.

Estrangement is misunderstood and assumed to be “the easy way” by those who haven’t experienced it, when in reality it’s often the hardest decision a person has ever had to make.

Topics include:

Making difficult boundary-related decisions

Navigating societal stigma, judgement, guilt, & shame

Healing from attachment trauma & developing secure attachments

Open to those in all stages of low or no contact.

Interested?
Contact us to get
started!

(732) 852-7373

admin@wholeheartedhc.org

wholeheartedhc.org



Facilitators: Kristy Mathews
Licensed Professional Counselor

**In-network with most
major insurance plans!*