



Stop &
Breathe!

Self Care Online Support Group
Me-Time

Facilitated by Cibeles Sousa, LMFT

- Join us for your ongoing self-care
- ME-time support group (online)
- Maintain your emotional and physical health
- Manage stress
- Be connected to a community

Fridays 6:00 PM to 7:00 PM



As a body psychotherapist, I help clients connect their body/inner strengths and their mind/rational strengths to achieve change and personal growth. I create a safe and nurturing environment where clients feel comfortable and heard. I have success working with clients with stress, anxiety, depression, cancer recovery. I am certified in Neuroaffective Touch, Resilience ToolKit, TRE (Tension Release Exercise) and am fluent in Portuguese

- **\$50 per session**
- **Discount for 3 session package \$135**
- **Zoom meeting**
- **Space is limited**

Register with Cibeles at 424-247-6172 or cibeles@pacificmft.com