

ROOTED & RESILIENT

Navigating food, body, and boundaries.

Learn to honor your roots while building resilient boundaries against food policing and body criticism this holiday season. This 8-week therapeutic group provides a culturally-attuned space to understand these complex family dynamics and develop practical tools to protect your peace.

SATURDAYS
11/15/25-1/5/26

Format:
Virtual

Investment:
\$400 for all 8 sessions

Facilitator:
Stephanie Hardison, LCSW

10AM TO 11AM PST
11AM TO 12PM MST

Secure Your Spot!
Schedule a free 15-minute screening call at the website below.
Group is limited to 8 members to ensure a supportive environment.



What to expect:

- Understand & shift from harmful family patterns.
- Learn the difference between boundaries, rules, and expectations.
- Develop scripts to navigate uncomfortable conversations with confidence.
- Build a supportive community with others who “get it.”

Available to residents in CA & CO, 18+
theclimbcounseling@proton.me
www.theclimbcounseling.com