

An IFS informed
Therapy Group

Befriending (or at least learning to tolerate) Your Inner Critic

Heal your relationship with your Self: A group for working professionals, college students, and anyone who feels they put too much pressure on themselves to "succeed."

- BUILD COMMUNITY AND FIND SUPPORT
- CULTIVATE INWARD CURIOSITY
- GROW SELF-COMPASSION

Group Goals:

Led By:



Liora Diamond,
PLPC



Heidi McKinley,
M.S. Counseling
Intern

When & Where:

Wednesdays 7:00-8:30 PM
Fall 2022

Located at the LCCE

on campus of Loyola University New Orleans in
Mercy Hall at 2020 Calhoun St. New Orleans,
70118 - on the corner of Freret & Calhoun.

Interested?

Email: LCCE@Loyno.edu

Call: (504) 864-7858

30\$ PER SESSION.

SLIDING SCALE RATE AVAILABLE !