



SELF HEALING GROUP

MIND.BODY.SOUL

Join us on a journey of reconnecting with your innate ability to heal and rebalance. Connect to your body, enhance your relationship with your soul, nurture self love, and learn vital skills to move through distress and intense emotions.

Group meets online for 12 weeks.

SPRINGFIELD COUNSELING

www.springfieldcounselingservices.com

(541)871-9050

We welcome direct referrals from OHP providers.

Insurance and fee-for-service options available.

ABOUT THE FACILITATOR

About the facilitator: Hi! I'm Erin/Ronie Wolff, LMFT (she/he/they) and a mental health therapist and consultant. I have extensive experience supporting integration, resilience, aliveness, and systemic change for individuals, people in relationships, and organizations. Mindfulness, movement, play and nature are some of the many tools I use to support wholeness!

