



WOMAN 2 WOMAN

of the **SOUTHERN STATES**

Angelika Campbell **Manager** **1-813-400-7771**

IN OUR CULTURE, we were never taught the importance of healing, the focus has been on survival, resilience, and keeping things going, often at the expense of emotional and psychological healing. The mindset of 'bury and survive' can be deeply ingrained, making it hard to recognize the importance of processing trauma or pain.

HEALING, though, offers the chance not just to survive, but to thrive. It allows people to break cycles of suppression and pain, and embrace a fuller, healthier life.





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