

Vermont Cult Recovery Support Group

Have you ever been involved with a group that taught you to distrust people who are outside of the group?

Have you ever been part of a group where you were physically, emotionally, or sexually harmed?

Have you ever become so involved with a group you lost touch with people you love?

Have you ever contributed so much money to a group that you had difficulty meeting your own needs?

Have you ever been involved with a group where you felt pressured to devote excessive amounts of time?

If you answered yes to one or more of these questions, you are invited to join the **VT Cult Recovery Support Group**. It is a 6-month **confidential support group** that includes **monthly meetings** and a **confidential online forum** where you will have the opportunity to connect with others, **tell your story** (as much or as little as you choose) and engage in a process designed to **promote self-confidence, boost self-esteem** and **help process abuse of power experiences**.

Release the past so you can live more fully now.

Facilitated by:

**Gerette Buglion, Cult
Awareness Educator**

And

**Frederic Gluck, Licensed
Clinical Mental Health
Counselor**

At Psychological Services

10 Park St, Morrisville VT



2nd Thursday Evenings

From 5:30 to 7 pm

November 14th

December 12th

January 9th

February 13th

March 12th and

April 9th

Participants are expected to attend all 6 sessions. New people will not be added to the group without explicit approval of all group members. This 6-month group will include suggested journaling and communication exercises and a facilitated private online discussion forum to provide confidential communication in between sessions.

Cost: \$225 for the 6-month program

Insurance may be accepted. Please inquire.

For more inf and to register, call Gerette at 802-498-8015 or email gerette@dreamhavenvt.com

All communication is confidential.