



OhioGuidestone

WHERE NEW PATHS BEGIN

Beyond Trauma:

A Healing Journey for Women

Beyond Trauma: A Healing Journey for Women is a women's recovery group that focuses on Women's Integrated Treatment (WIT) with calming, breathing, and relaxation techniques. The program follows the WIT model, a multi-focused approach in services to heal from past and current trauma.

This group will be available and open for total of ten sessions.

OhioGuidestone Medina
Group Room 1
246 Northland Drive
Medina, OH 44256

10 session group:

February 3rd – April 14th, 2026
Tuesdays, 2:00pm–3:30pm

Group available in person only.

For more information, contact Amanda Fedor at 330.241.7895