

LIZA BLAS



# MENTORING SUPPORT GROUP

**MOMS Raising Children with:**

**PANS/PANDAS  
LYME  
Tick Borne  
Illnesses  
OCD & Anxiety  
Neurodivergency  
Autism & ADHD**

**5 weeks:**

**6 Live Sessions  
Replays Available  
On-going daily support  
Dates & Times coming soon**



**CLICK HERE  
FOR WAITLIST**

**You will learn:**

- **How to De-Escalate Crisis**
- **Create Harmony in your Home & Family**
- **Overcome Shame and the Fear of Judgement**
- **Process & Release Grief**
- **Reclaim your Self-Worth**
- **How to Sit in Your Own Discomfort & Regulate**
- **The Power of Neutrality**
- **Build Empowerment through Vulnerability**
- **Heal & Feel Safe**