



RENEW & RESTORE (R&R)

A Psychoeducational & Mind-Body Online
6 week SupportGroup for Pelvic Pain Recovery
(Hipaa Compliant Confidential Zoom)

Monday, July 14, 2025, 6:30-8 pm

Call: 443-924-0346

Email: frichardsonphd@gmail.com

RENEW & RESTORE

Women experiencing chronic pelvic pain, vaginismus, vulvodynia, interstitial cystitis, struggles with pelvic floor pain

