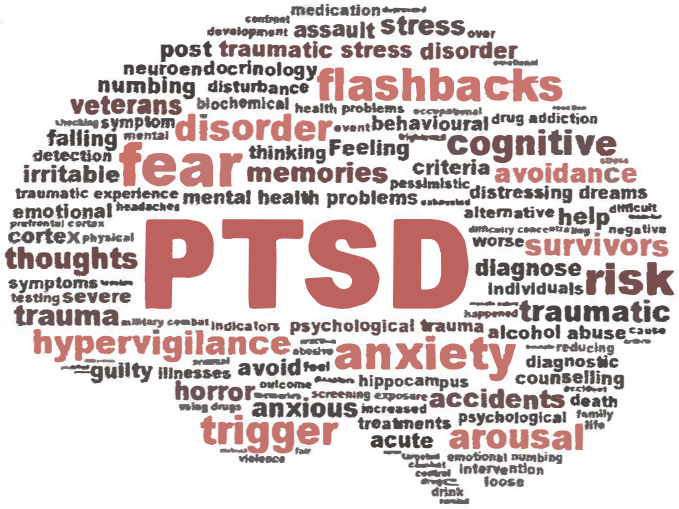

Do you find yourself...

- With a trauma that impacts your quality of life?
- Noticing negative physical, emotional, mental, spiritual changes in your life as a result of the trauma?
- Wanting to manage the symptoms of your trauma and take your life back?

Trauma & PTSD

Women's Group

Online Educational and Support Group for Women
Recurring weekly group with a minimum of 12 weeks recommended

A few goals of the Trauma & PTSD Women's Group are:

- Provide education on the general symptoms of Post-traumatic Stress Disorder (PTSD)
- Help individuals gain awareness of their personal symptoms
- Provide a safe place for individuals to explore triggers/triggering situations that increase their symptoms
- Coach individuals on the use of healthy coping skills to decrease the impact of symptoms on one's day to day living
- Provide a safe environment to help individuals master healthy coping skills in their daily life

~ Cost: $50.00 per person for each weekly session
~ $100.00 for a one time Intake fee ~
Forms of Payment Accepted: Mastercard, Visa, Discover, American Express
Group Starts on Tuesday, June 8th from 7PM to 8PM on a recurring basis
***Intakes to be Scheduled starting June 4th ***

Please contact Elizabeth with any questions or if would like to join the group. There are limited spaces available. Thank you for your inquiry!

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