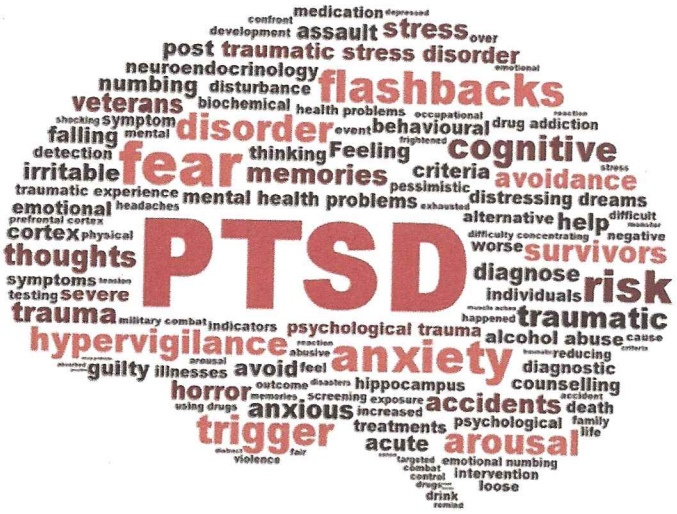

Do you find yourself...

- 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

12 Week Educational and Support Group for Women

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: $40.00 per person per group
$75.00 for a one time Intake fee
Forms of Payment Accepted: cash only

Group Starts on Monday, September 30th from 7PM to 8PM for 12 weeks
Intakes to be Scheduled for the week of September 23rd!

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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