



Adults Living with Unresolved Trauma

Wednesday Evenings

beginning

October 9, 2019

Have you recently undergone a life altering event?
Are you a survivor of a traumatic childhood?
Are you currently experiencing most of the following?

Fear and anxiety ♦ Irritability or anger ♦ Emotionally numb ♦ Lack of focus
♦ Overwhelming sadness ♦ Easily startled or frightened ♦ Changes in sleeping or eating habits ♦
Bouts of crying that come easily ♦ Recurrent nightmares or thoughts about the traumatic event(s)

If you answer yes to any of these questions,
then the Trauma Recovery Group may be of help to you...

The goal of the Trauma Recovery Group is to help you improve your day-to-day functioning. This group focuses on helping you to live effectively in the present, not on the recovery of repressed memories. The group will help you to stabilize by identifying conflicts and unlearning specific distortions related to the effects of the trauma you have experienced and replace them with new tools learned in the group setting.

Location: St. Andrew Catholic Church
675 Riverside Road, Roswell, GA 30075
Dates: 9 Sessions: October 9 – December 11, 2019 (skip 11/27)
Time: 6:00 p.m. – 8:00 p.m.
Cost: \$25 per session (partial scholarships available)
Co-Leaders: Dr. Ann Howe PhD ♦ Sue Stubbs MS, NCC

Registration Deadline: September 30, 2019

Group is limited to 10 participants

For more information or an application, please contact Sue Stubbs at
404-920-7554 or sstubbs@archatl.com

This group is a service of the Archdiocese of Atlanta Victim Assistance Program
<http://archatl.com/ministries-services/victim-assistance/healing-opportunities/trauma-recovery-group/>