



TRAUMA RECOVERY
Group

Adults Living with Unresolved Trauma

Wednesday Evenings

beginning

May 5, 2021

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: Chancery Office of the Archdiocese of Atlanta
2401 Lake Park Dr. SE Smyrna, GA 30080
Dates: 9 Sessions: May 5 – June 30, 2021
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: April 28, 2021

Group is limited to 10 participants

****COVID-19 safety protocols will be followed****

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/>