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## **Adults Living with Unresolved Trauma**

**beginning**

**August 7, 2025**

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**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.

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**Location:** Archdiocese of Atlanta Chancery Offices  
2401 Lake Park Dr. SE, Smyrna, GA 30080  
**Dates:** 9 Sessions: Thursday nights, August 7 – October 2, 2025  
**Time:** 6:00pm – 8:00pm  
**Cost:** \$35 per session (partial scholarships available)  
**Co-Leaders:** Sue Stubbs MS, NCC, CCTP-II & Wendy Baribeau MS, LMFT

**Registration Deadline: July 14, 2025**

***Group is limited to 10 participants***

**For more information or an application, please contact Sue Stubbs at  
404-920-7554 or [sstubbs@archatl.com](mailto: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/>