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## Adults Living with Unresolved Trauma

Wednesday Evenings

beginning

September 2, 2020

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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:** Chancery Office of the Archdiocese of Atlanta  
2401 Lake Park Dr. SE Smyrna, GA 30080  
**Dates:** 9 Sessions: September 2 – October 28, 2020  
**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: August 19, 2020

*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:ss Stubbs@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/>