



Memo

Date: January 14, 2019

To: Priests, Deacons, Parish and Chancery Staff

From: Sue Stubbs, Director, Victim Assistance Program; Office of Child and Youth Protection

Re: Trauma Recovery Group

Following eleven successful groups, the Victim Assistance Program for the Archdiocese of Atlanta is offering another Trauma Recovery Group. This co-ed group will begin on March 7, 2019 and run for nine sessions on Thursday evenings at St. Thomas Aquinas Catholic Church in Alpharetta, Georgia.

Please review the attached flyer for more information on this counseling opportunity and share it with anyone you may know who could benefit from this experience. An announcement for your parish bulletin or newsletter is provided below and a slide for your in-house TV system is available.

Thank you for your supporting this vital opportunity for survivors of trauma. Please share this information until the registration deadline of February 13, 2019. For questions or additional flyers, please contact me at sstubbs@archatl.com or 404-920-7554.

Sample Announcement

The Archdiocese of Atlanta Victim Assistance Program is offering a Trauma Recovery Group for survivors of childhood trauma on Thursday evenings beginning March 7, 2019. **Registration deadline is February 13, 2019.** The group is limited to 10 participants.

We will meet at St. Thomas Aquinas Catholic Church, 535 Rucker Road, Alpharetta, GA 30004 until May 9, 2019 from 5:30 p.m.-7:30 p.m. The cost is \$25 per session with partial scholarships available. The co-leaders will be Dr. Ann Howe, PhD and Sue Stubbs MS, NCC. Deacon Thomas McGivney will provide spiritual assistance. Please contact Sue Stubbs at 404-920-7554 or sstubbs@archatl.com for an application. Read more about the Trauma Group online at <http://archatl.com/ministries-services/victim-assistance/healing-opportunities/trauma-recovery-group/>.



TRAUMA RECOVERY
Group

Adults Living with Unresolved Trauma

Thursday Evenings

beginning

March 7, 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. Thomas Aquinas Catholic Church
535 Rucker Road ♦ Alpharetta, GA 30004
Dates: 9 Sessions: March 7 – May 9, 2019 (skip 4/25)
Time: 5:30 p.m. – 7:30 p.m.
Cost: \$25 per session (partial scholarships available)
Co-Leaders: Dr. Ann Howe PhD ♦ Sue Stubbs MS, NCC
Spiritual Assistance: Deacon Thomas McGivney

Registration Deadline: February 13, 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/>*