



Memo

Date: July 9, 2018

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 ten successful groups, the Victim Assistance Program for the Archdiocese of Atlanta is offering another Trauma Recovery Group. This co-ed group will begin October 3, 2018 and run for nine Wednesday evening sessions at Holy Spirit Catholic Church in Atlanta, 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 available below.

Thank you for your supporting this vital opportunity for survivors of trauma. Please share this information until the registration deadline of September 19, 2018. 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 Wednesday evenings, beginning October 3, 2018. **Registration deadline is September 19, 2018.** The group is limited to 10 participants.

We will meet at Holy Spirit Catholic Church, 4465 Northside Drive NW, Atlanta, GA 30327 until December 5, 2018 from 6:30 p.m. – 8:30 p.m. The cost is \$25 per session, with partial scholarships available. The co-leaders will be Dr. Ann Howe, PhD and Julie Berger, MS, NCC, LPC. 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

Wednesday Evenings

beginning

October 3, 2018

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: Holy Spirit Catholic Church – College Lounge
4465 Northside Drive NW
Atlanta, GA 30327
Dates: 9 Sessions: October 3 – December 5, 2018
Time: 6:30 p.m. – 8:30 p.m.
Cost: \$25 per session (partial scholarships available)
Co-Leaders: Dr. Ann Howe PhD ♦ Julie Berger MS, NCC, LPC

Registration Deadline: September 19, 2017

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/>