



TRAUMA INFORMATION & CONNECTION GROUP

THURSDAYS 4-5:30 PM, ONLINE

A 16-week trauma recovery group for individuals who have experienced interpersonal trauma and could use information, insight, and the opportunity to connect with others.

- **START DATE: 12/1/22**
- **FOR ALL GENDERS AND AGES 18+**
- **NO EXPECTATION TO SHARE YOUR STORY OF TRAUMA**

To join or ask questions, please call
Hamm Clinic Intake at 651.224.0614