



# TRAUMA INFORMATION & CONNECTION GROUP

**MONDAYS 4-5:30 PM, IN-PERSON**

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: SPRING/SUMMER 2023
- 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