TRAUMA INFORMATION & CONNECTION GROUP

Mondays 4-5:30 PM, In-Person

Start date: July 24, 2023

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. This group is for all genders and ages 18 and up. There is no expectation to share your story of trauma.

*Interpersonal trauma can take the form of: physical abuse, sexual abuse, emotional or psychological abuse, ad/or domestic and family violence. This group does not cover traumatic grief/loss.

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