

WOMEN'S TRAUMA INFORMATION & CONNECTION GROUP

MONDAYS 4-5:30 PM
AT HAMM CLINIC

THIS IS A 14-WEEK TRAUMA RECOVERY GROUP FOR WOMEN-IDENTIFYING FOLKS WHO HAVE EXPERIENCED *INTERPERSONAL TRAUMA AND ARE IN THE EARLY STAGES OF EXPLORING THE RELATIONSHIP BETWEEN THEIR TRAUMA HISTORY AND CURRENT LIFE PATTERNS. THIS WEEKLY GROUP OFFERS VALUABLE INSIGHTS ON THE EFFECTS OF TRAUMA AND THE OPPORTUNITY TO CONNECT WITH OTHERS WHO HAVE GONE THROUGH SIMILAR EXPERIENCES.

*Interpersonal trauma: physical, sexual, emotional, psychological, or domestic violence. Excludes traumatic grief/loss.

START DATE:
FEBRUARY 12, 2024

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

