Women's Trauma Information & Connection Group

DETAILS:

🗓️ SEPTEMBER 21-DECEMBER 7

⏰ MONDAYS, 4:00-5:30 PM

📍 VIRTUAL

💲 INSURANCE ACCEPTED

✍️ CONTACT HAMM AT **651-224-0614** TO SCHEDULE A FREE GROUP INTAKE

This is a 12-week trauma recovery group for women who are in the early stages of exploring the relationship between their past experiences of trauma and their current life patterns.

Participants will learn about the impact of trauma, build connection with others in a supportive and structured environment, and deepen their emotional insight.

This is a psychoeducational group that focuses on information, social connection, and coping strategies; personal trauma stories will not be explored or shared in detail.

FACILITATED BY:

Ivy Johnson, LICSW
she/her

Josiane Carriazo, MA
she/her