



Adults Living with Unresolved Trauma

beginning
June 6, 2024

Have you recently undergone a life altering event?
Are you a survivor of a traumatic childhood?
Are you currently experiencing most of the following?

Fear and anxiety ♦ Irritability or anger ♦ Emotionally numb ♦ Lack of focus
♦ Overwhelming sadness ♦ Easily startled or frightened ♦ Changes in sleeping or eating habits ♦
Bouts of crying that come easily ♦ Recurrent nightmares or thoughts about the traumatic event(s)

If you answer yes to any of these questions,
then the Trauma Recovery Group may be of help to you...

The goal of the Trauma Recovery Group is to help you improve your day-to-day functioning. This group focuses on helping you to live effectively in the present, not on the recovery of repressed memories. The group will help you to stabilize by identifying conflicts and unlearning specific distortions related to the effects of the trauma you have experienced and replace them with new tools learned in the group setting.

Location: Archdiocese of Atlanta Chancery Offices
2401 Lake Park Dr. SE, Smyrna, GA 30080
Dates: 9 Sessions: Thursday nights, June 6 – August 8, 2024
Time: 6:00pm – 8:00pm
Cost: \$25 per session (partial scholarships available)
Co-Leaders: Sue Stubbs MS, NCC, CCTP-II and Wendy Baribeau MS, LMFT

Registration Deadline: May 23, 2024
Group is limited to 10 participants

For more information or an application, please contact Sue Stubbs at
404-920-7554 or sstubbs@archatl.com

This group is a service of the Archdiocese of Atlanta Victim Assistance Program
<http://archatl.com/ministries-services/victim-assistance/healing-opportunities/trauma-recovery-group/>