



ACCESSING SUPPORT

Virtual Trauma Support Group

Wednesdays from 6:30–7:30 PM



April 7

Session 1 | Trauma 101

April 14

Session 2 | Grief and Loss

April 21

Session 3 | The Physiological Response

April 28

Session 4 | Building Community

May 5

Session 5 | Self Care

May 12

Session 6 | Forgiveness + Healing

YOU DO NOT HAVE TO BE A CLIENT OF
ACCESS TO PARTICIPATE

**FREE CONFIDENTIAL
ALL GENDERS**

CLOSED GROUP

EMAIL COURT@ASSAULTCARECENTER.ORG

OR CALL MARCY @ 515.520.3782

TO EXPRESS INTEREST

**OPEN TO RESIDENTS OF GREENE, BOONE,
MARSHALL AND TAMA COUNTIES**

