



DROP-IN GROUP!!

TRAUMA EDUCATION & SKILLS GROUP



THURSDAYS 2:00–3:00 pm

- Learn about the dynamics & impact of trauma
- Obtain knowledge about healthy coping skills
- Acquire skills in grounding & stabilization techniques

*Seating limited
to 8 members!*



*All Survivors
Welcome!*

For more info please call 609.394.2532



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**LGBTQ
WELCOME!**

All groups are confidential
and will meet at 1530 Brunswick Ave Lawrenceville
NO CHILDCARE PROVIDED

**GENDER
INCLUSIVE!**

