

LIFE AFTER

A 5 week psycho-educational and expressive arts group for anyone who has survived an overwhelming event. Come learn what trauma is, how it affects you, and how to recover.

Starting February 2013

Thursdays 1:30-3pm

For more information contact:

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Office of Counseling Services

For victims of sexual assault, violent crime, military related trauma, or natural disaster.
Also for anyone with significant changes in daily functioning due to a stressful life event.