

Discover your joy for life!™

Thriving after Trauma



You're tired of just surviving trauma. It's time to grow beyond survival. Learn the skills that will help you thrive after experiencing trauma. You will practice coping skills that address specific symptoms of trauma. Join this twenty-week expressive skills group, *Thriving after Trauma*. Prerequisite or Concurrent enrollment required in the *Trauma Education group*.

Topics:

- Trauma Response
- Tools for Coping
- Controlling Thoughts
- Managing Feeling
- Regulating Sensory Experience
- Acquiring Support

Joyful Life Institute, Inc.

105 Kathryn Dr. Suite 400, Lewisville, TX 75067. **NOW ENROLLING!!!**

For more information contact Dr. Michelle Richards or joyfullifeinstitute.com/groups.aspx

Time: 6:00

Day: Mondays

Seats are limited!!!