

Trauma Recovery Support Group

Location: Decathlon Room
(above Bookstore)

Day: Mondays
* Starting 10/16/2017

Time: 12:00 – 12:45 p.m.



In light of recent traumatic events, from the natural disasters on the East Coast to the unexpected and horrific tragedy in Las Vegas, we would like to support our students in **HEALING**. Student Health Services is offering a safe and therapeutic place to discuss how experiencing a traumatic event, either directly or indirectly, may be impacting your life.

The Trauma Recovery Support Group offers a safe and confidential place to share your feelings and thoughts.

- ❖ **Discuss how trauma impacts your thoughts, body, and behavior.**
- ❖ **Discuss Healthy vs. Unhealthy ways of coping.**
- ❖ **Practice and apply therapeutic techniques to support coping and healing.**
- ❖ **Explore safety and protective factors for use in daily life.**

FREE - All ECC Students welcome!

*Open and ongoing support group (start any Monday, for as many sessions as you need)
You are welcome to bring your lunch; a light snack will be provided each session.*

*Sponsored by **Student Health Services:** 310-660-3643*



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