



CREATING RESILIENCY:

Understanding Trauma for Crime Survivors

Virtual Support Group

The group will use cognitive behavioral techniques, mindfulness, expressive arts, and body-oriented exercises. Each session will include an educational/structured piece along with time for open conversation. The goals of this group are

- (1) to understand trauma and its impacts on our lives,
- (2) to understand positive coping mechanisms and techniques,
- (3) to promote healing and resiliency.

Sessions will run 1x/per week for 8 weeks and are scheduled continuously.

Contact Lisa Ryan at lmryan@pa.gov with questions and to obtain the intake form.



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