

Trauma Focused Group



Many people have experienced trauma in their life, some are able to overcome these experiences and others are not. There are many different ways that one could have endured trauma. Some wouldn't mind talking about their experiences and others might not want to ever talk about it. Let's get a better understanding of how we are responding to the trauma we have endured and see what will work to get through it.

When: Every Tuesday from 10:00am to 11:00am.

Where: Zoom

Therapist: Dawn Mosier Hayes LCMHC-A

To Register:

 Call: 1-877-WELL-ALL

*** Call for an appointment to start the group referral process ***



Scan the QR code or call 1-877-935-5255 to learn more about our Behavioral Health Therapy Groups

