

# Surviving Trauma, Finding Resilience

## *An 8-week Trauma Recovery Group*

At Neighborhood Counseling Associates, Inc.  
*virtual*

Wednesdays,  
Oct. 14– Dec. 2, 2020,  
7:00-8:30pm



Trauma comes in many forms and has long lasting physical and emotional tolls, particularly if left unresolved. Group therapy is a recognized way of helping persons who have experienced trauma understand their strengths and find their resilience.

Neighborhood Counseling Associates will be holding an eight-week group, *Surviving Trauma, Finding Resilience*, facilitated by Wally Hamlin, LCPC, and Sandy Pastore, MSW.

If interested, please contact Neighborhood Counseling Associates, Inc. (NCA) at (630) 844-3001 for more information and to complete intake paperwork.



155 Boulder Hill Pass  
Montgomery, IL 60538  
(630) 844-3001  
[www.ncacounseling.org](http://www.ncacounseling.org)

*Individual Counseling also available, by  
Appointment Only, Monday-Saturday*

Neighborhood Counseling Associates, Inc.

Thoughtful, caring, affordable help in your neighborhood

NCA accepts many insurance plans, Medicare, payment plans, and also has sliding scale options.