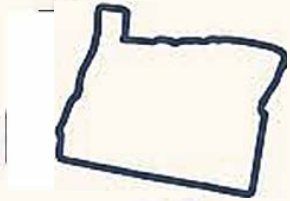
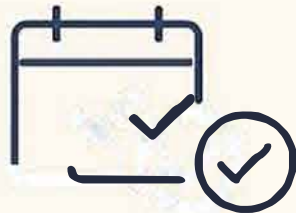


SEEKING SAFETY GROUP

A SKILLS-BASED GROUP FOR TRAUMA AND/OR SUBSTANCE USE



For clients in
OREGON and
CALIFORNIA



Meets
WEEKLY



\$50 per session
ONLINE

THIS GROUP IS FOR ADULTS WHO WANT TO:

- Build coping skills without having to share trauma details
- Understand the link between trauma and substance use
- Feel more in control of their healing process
- Practice grounding, self-compassion, and safe connection

WHAT TO EXPECT:

- A structured, supportive environment
- No need to share personal trauma to participate
- Psychoeducation and practical tools
- Topics like boundaries, self-respect, honesty, and coping with triggers

Led by a licensed therapist with experience in trauma
and substance use recovery.

Start your healing in a safe and empowering space.



REGISTER OR INQUIRE TODAY:

drdj@phdeej.com
phdeej.com