


TRAUMA SUPPORT GROUP


STARTING JULY 2026
DAY/TIME TBD

Join a supportive space to process trauma, share experiences at your own pace, and build healthy coping strategies in a safe, non-judgmental environment. This group focuses on healing, connection, and strengthening resilience through shared understanding and support.

Who Can Join? Adults (18+) seeking support in processing trauma and improving emotional well-being.

VEEMAH CONSULTING
COMMUNITY MENTAL HEALTH ORGANIZATION





 (763) 202-4767

 7070 Brooklyn Boulevard
Brooklyn Center, MN 55429

 WWW.VEEMAH.COM



WHAT TO EXPECT:

-  **A safe space to share**
-  **Guided, trauma-informed group discussions**
-  **Skill-building for coping and emotional regulation**
-  **Supportive connection with others who understand**

Location:

7070 Brooklyn Boulevard
Brooklyn Center, MN 55429

Facilitator: Ursula Swaray, MA /
Rotating Qualified Staff

To Register or Learn More:

Call (763) 202-4767
or visit VEEMAH.COM