

## Online & National Resources

1. CPTSD Foundation (<https://cptsdfoundation.org/cptsd-resources/>)
  - Daily Recovery Support, Creative Groups, Trauma-Informed Yoga, Free Resources
2. Healing & C-PTSD (<https://www.healingandcptsd.com/resources>)
  - Survivor-led platform with guides, EFT tools, ACEs quiz, community hub, and courses
3. NAMI Massachusetts Trauma Resources (<https://namimass.org/trauma/>)
  - Peer-led support groups, Discord server, subreddits, trauma forums, books & zines
4. Psychology Today Support Group Finder  
(<https://www.psychologytoday.com/us/groups?category=trauma-and-ptsd>)
  - Search for trauma support groups including CPT, PE, peer-led and therapist-led options

## Recommended Programs & Educators

- Lisa A. Romano ? Codependency & inner child healing
- Kim Saeed ? Narcissistic abuse recovery
- Rachel Grant ? Sexual abuse recovery coaching
- Anna Runkle ? The Crappy Childhood Fairy (CPTSD courses)
- Guy Macpherson ? Trauma Therapist Project podcast

## Call to Action

Struggling with CPTSD or recovering from abuse?

You are not alone. Explore this trauma-informed directory to find support, healing tools, and community?online and near you.

Start your healing journey today.