

HEALING TRAUMA: Mind and Body

A Psychoeducational Group for Survivors

- ***Understand how trauma affects the brain, nervous system, and body***
- ***Learn evidenced-based ways to heal from trauma and how to cope with its effects***
- ***Rewire the nervous system, using yoga, mindfulness, and music therapy techniques***
- ***Gain support from other survivors***
- ***Deepen your understanding of your own personal journey towards healing***

Female adults ages 18+
10-week small group setting
Thursdays, 6:30-8:00 p.m.
September 8-November 10, 2022
\$85.00/session



Indianapolis Trauma Therapy Center
HelpingHealTrauma.com

5950 N. Keystone Avenue
Indianapolis, IN 46220
(317) 974-9495

