

No cost

Light refreshments
will be provided.
All participants will receive
a workbook to keep.

Understanding and Healing from Trauma Group

This 6-week group aims to provide education, information and knowledge to participants about trauma. The group will be a combination of education and reflection and is not a therapy group. Topics covered will include:



Our understanding of trauma,
Posttraumatic Stress Disorder and
Complex Trauma (or Complex PTSD)



Coping strategies and survival



What are the overall
impacts of trauma?



Why are relationships important?



How does trauma impact individuals,
including our brain, our nervous
system and our relationships?



Ideas to begin healing from
trauma



The importance of the developing
brain and how this is impacted by
trauma in childhood



Personal reflection

This group runs in the evenings of weekdays during the school term.

To register your interest in attending this group, please email:

hello@thinkmh.com.au or call 1800 595 212

Canberra Head to Health, Unit G11 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

An assessment with our intake team is required prior to commencing in the group.

We have a harm minimisation framework so please do not
consume drugs or alcohol prior to attending group.

1800 595 212

hello@thinkmh.com.au

Think Mental Health Pty Ltd

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