



Post Traumatic Growth Group

"If you want to go far, go together." - African Proverb

Together we can grow and move forward after experiencing trauma. Taking our lead from experts and emerging research, we'll cover topics and techniques such as: creating internal safety, setting boundaries, identifying & expressing our feelings and needs to others, rebuilding trust in relationships, and topics that arise from within the group.

Overall we emphasize building trust and safety within the group itself.

Fridays
12:30 - 1:30

Hope House
1306 Nipomo St
San Luis Obispo, CA
805 541-6813

For questions or to RSVP please contact either Joe or Michelle at 805-541-6813



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