

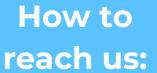
When does it begin?

This 4-week group will be offered at least once a year, please contact CCRC for more information or to preregister.



How do I sign up?

You can contact
Community Counselling
and Resource Centre at
(705) 743-2272 ext. 308 to
register or for more
information.
Referrals from
community agencies and
self-referrals are
accepted.



540 George St. N
Peterborough, ON
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Trauma

This group is for adults who are experiencing stress or symptoms connected to traumatic life events.



What is it?

This is a workshop style group for adults who are struggling to manage their stress related to trauma.



It is a series of workshops that will help participants understand why they are feeling stress, and provide ways to manage how they respond to triggers.



Who can attend?

For adults who have experienced trauma and are hoping to find healthier coping mechanisms.

New and existing clients of CCRC are welcome.

Topics Covered

- How trauma affects interpersonal relationships
- What is PTSD and C-PTSD
- Ways to manage stress and regulate your nervous system
- The biology behind feeling "triggered"
- Healthy coping mechanisms

