



When does it begin?

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



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.

How to reach us:

540 George St. N
Peterborough, ON
K9H 3S2
(705) 743-2272 ext. 308
ccrc@ccrc-ptbo.com
www.ccrcc-ptbo.com



Trauma

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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

