



# **Adult Trauma Recovery Group**

**Cruz Clinic and Integrative Psychology of Ann Arbor**

**Tuesday's 11am-12pm Starting**

**April 19th– June 21st 2022**

**Cruz Clinic Livonia**

**Adults 18+**

**This group is focused on different recovery avenues for trauma. When someone is traumatized their life gets flipped upside down– this group will help you re-discover your sense of self. Come together and learn different effective coping mechanisms, and general information about trauma.**

**This group is for those who have undergone a traumatic event in their life, in which they are still struggling with. This group will NOT be a process group– meaning we will NOT talk about individual trauma.**

**This group will be run by Jordyn Kaplan, LMSW, CCTP**

**Most insurances accepted**

**To register call:**

**734-462-3210 option 2**