

Edmonton Trauma Recovery Group



A professionally led group for those wanting to overcome traumatic experiences and reclaim their lives.

This eight week psycho-educational treatment group is both didactic and experiential. It is designed to promote healing and recovery within a supportive and safe group environment using effective evidence-based strategies.

Who Will Benefit from this Group: This group is for you if you experienced an event that you were unprepared for, that overwhelmed you and continues to “haunt” you, and prevents you from moving forward in your life.

Learning Objectives:

- To learn how to relax and calm what feels like “chaotic” and “uncontrollable” reactions
- To recognize your trauma symptoms and triggers
- To understand how to manage your triggers so they have less power over you
- To learn how to reconnect with your life and experience joy and laughter
- To learn how to cope without using drugs, alcohol or other destructive ways of coping
- To learn how to let your loved ones know what they can do and what is actually helpful for you

GROUP DETAILS

Upcoming Dates: Tuesday
Evenings Oct 14 - Dec 2, 2014

Groups Offered Throughout the Year

Time: 5:30pm – 7:30pm

Location: Walk-In Counselling
Society of Edmonton (Suite
200, 9562-82 Ave, above Mill
Creek Café)

Cost: \$630.00 (includes pre-
assessment & 8 two-hour
sessions for **\$70/session**)

Facilitators:

Samantha Pekh, M.A., Reg. Psych
Charlene Remenda-Madra,
MSW, RSW

Snacks and coffee will be
provided

To register, call
780-710-9567

www.samanthapekh.com

