

**Virtual  
Wednesday  
5:30-6:45pm**



# **TRAUMA & RECOVERY GROUP.**

**Facilitated by Courtney Thompson, LSW, Psy.D. Candidate & Zoe Grubbs, BA**

**START ADDRESSING THE IMPACT OF TRAUMA IN YOUR LIFE!**

**FIND SUPPORT BY SHARING IN A GROUP SETTING**

**- ALL GENDERS WELCOME/ 18+ -**

**To Schedule a Group  
Assessment Call (312) 279-9981 x2  
[www.mindbodycoop.com](http://www.mindbodycoop.com)**

**SCAN**

