



RESOURCED AND RESILIENT GROUP

Eight, weekly group sessions
Offered in Fall, Winter, and Spring
Virtual and in-person offerings available

**A PSYCHOEDUCATIONAL GROUP FOR INDIVIDUALS WHO
HAVE EXPERIENCED CHILDHOOD, INTERPERSONAL TRAUMA**

This group is intended to help participants:

- Develop an understanding of their stress and trauma responses
- Increase body awareness and practice body-oriented skills
- Learn how to respond to painful emotions and trauma responses
- Enhance self-compassion
- Enhance overall well-being

Each session begins and ends with a brief mindfulness practice, includes an educational component, time for skills practice and group discussion

**SPEAK TO YOUR TADDLE CREEK FHT PROVIDER FOR A REFERRAL
AND ACTIVATE THE REFERRAL BY CALLING 416-260-1315 EXT. 0.
YOU WILL BE PLACED ON THE WAITLIST AND CONTACTED BY A
GROUP FACILITATOR WHEN THE NEXT GROUP IS RUNNING**