



TRAUMA RECOVERY SUPPORT GROUP: Seeking Safety– In Person

Free & Confidential

Ages 18 and older

Are you dealing with trauma, stress, or feeling overwhelmed?
You are not alone. This group offers a safe space to learn coping skills and build stability—without pressure to share personal details.

o What to expect:

- Practical tools to cope with trauma, stress, and strong emotions
- Supportive, respectful environment
- Focus on the present and staying safe
- Open to anyone wanting healthier ways to cope

Details:

o Location: 2939 West Woodlawn Ave, San Antonio, TX 78228

o Location (pictured below):

o Day & Time:

▪ Intake:

- **We offer flexible intake scheduling. Please email us to arrange an appointment.**

o Support Group – Weekly for 10 weeks starting Wednesday, August 5th at 11:00am.

o Cost: Free

If interested in participating, please email Laporshia Gould-McAfee at lgould@chshel.org and Justin Pruski at jpruski@chshel.org.

- ✚ No referral needed. Just come as you are.
- ✚ This group is based on the Seeking Safety model developed by Lisa M. Najavits.
- ✚ **Everyone deserves a safe place to heal from trauma and feel supported.**

Located in this building

