



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.

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:

- **Location:** 2939 West Woodlawn Ave, San Antonio, TX 78228
📍 Location (pictured below):
- **Day & Time**
- **Intake:** Flexible scheduling available.
- **Support Group:** Weekly 10 weeks — flexible scheduling. Please contact us for current group dates and times.

Cost:

- Free

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

