CREATING RESILIENCY: Understanding Trauma for Crime Survivors
Virtual Support Group

The group will use cognitive behavioral techniques, mindfulness, expressive arts, and body-oriented exercises. Each session will include an educational/structured piece along with time for open conversation. The goals of this group are
(1) to understand trauma and its impacts on our lives,
(2) to understand positive coping mechanisms and techniques,
(3) to promote healing and resiliency.

Sessions will run 1x/per week for 8 weeks and are scheduled continuously.

Contact Lisa Ryan at lmryan@pa.gov with questions and to obtain the intake form.