



# **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.**

For more information contact us by calling 800-563-6399.



**pennsylvania**  
OFFICE OF VICTIM ADVOCATE