

Trauma-Informed Self-Care Support Group

Group meets

Mondays: 10am-11am, April 10 – June 5

The Newark Public Library,
5 Washington Street, Newark, NJ 07102
1st Floor, LGBTQ Resource Room Office

This free, 8-week support group is for individuals seeking to gain self-awareness and a better understanding of how trauma has impacted their well being and that of their family members. Up to 10 group members. Will be pre-screened for good fit.

Call 973-803-2241 to register.

This group is meant to serve as a process group and should not replace formal treatment. Resources for formal treatment will be provided.