

Who Can Participate?

Participants must be rostered clients of Health Zone to participate in the program. All participants are required to be of 18 years of age or older.

Program Details

Where

10 Barberry Court, N5Z 3C4

Time and Dates:

Every Tuesday from 1:30-3
Starting October 4, 2016-
November 8th, 2016

Contact Us

We have 3 locations:

Merrymount Children's Centre Site:

1064 Colborne Street, N6A
4B3

Southdale Site:

1057 Southdale Roast East,
N6E 1B3

Allan Rush Gardens Site

6 Barberry Court, N5Z 3C4

For more information or to sign up for the *Coping with Trauma Program* contact us at **226-777-1988**.

Coping with Trauma Program



Health Zone
Nurse Practitioner- Led Clinic



Health Zone
Nurse Practitioner- Led Clinic



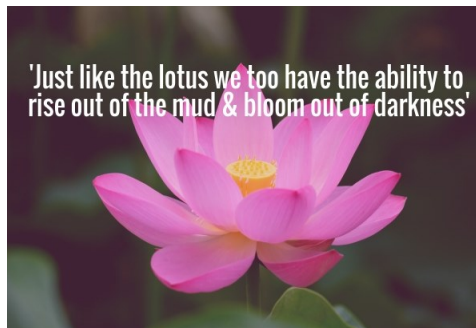


About the Program

The Trauma Program is designed for patients of Health Zone to provide information, tools, and techniques in coping with trauma emotionally, psychologically, and spiritually. The program is 6 weeks in duration and runs for an hour and a half each session.

Benefits to Group Programs

The Coping with Trauma Program is beneficial in developing a skill set for coping with trauma in your daily life. This group is not intended for open discussion about specific trauma experiences, yet provides a safe environment to explore positive coping strategies for individuals who are feeling consumed by reactions to trauma, as well as, for those awaiting specialized services in the community. The goal of the program is to provide tools to successfully navigate healing, and create a greater capacity to cope with reactions to trauma.



Group Topics

What is Trauma

Explore definitions, concepts and ideas.

How Trauma Affects the Body

Physiological and psychological affects of trauma on the body.

Grounding Techniques

Explore building a skill set to enhance grounding experiences.

Safe Place

Learn tools to create a safe space in your personal life.

Affirmations

Learn daily affirmations which assist in building a positive environment inside your mind and body.

Expressions Through Art

Explore healing through the arts.

Mindfulness, Relaxation, Meditation

Learn techniques to help yourself relax and become more attuned with the self in the present.

Nourishing the Body

Explore the role of nutrition when dealing with trauma.