



New Group begins:
February 24, 2022
10 week series

Meeting Time:
Thursday 10-11:30am

Location:
on ZOOM

Cost:
Sliding Scale Fee.
Free for low income moms.

**To register, call our
24 hour Parenting
Stress HelpLine:**

(800) 829-3777

**For more information
about Family Paths
please visit us on the
web at**

www.familypaths.org

**or email
info@familypaths.org**

Finding Peace Within



A Skills Group for Trauma Survivors:

When we have experienced trauma in the past, our bodies may continue to feel stressed and try to protect us from harm long after the trauma is over. We might feel anger, despair, turmoil or numbness even when we don't remember or are not thinking about what happened. We can learn tools for living with greater ease and calmness in our lives today.

This group for mothers meets for ten weeks and covers simple and practical skills that can be practiced in daily life.

Amy Attiyeh, LMFT, MFC 39504 and Phyllis Lorenz LMFT, MFC 38363, are Licensed Marriage Family Therapists who work with individuals, couples and groups. They specialize in the treatment of trauma and have received training for utilizing a sensorimotor approach for treating trauma through the Sensorimotor Psychotherapy Institute.