



# Trauma Information Group

Are you currently feeling safe, but past trauma is getting in the way of living life?

The Trauma Information Group (TIG) is a 10-week Mental Health Group held via Zoom for people in the beginning stages of **recovery from interpersonal trauma**. This group focuses on the impact of trauma and recovery experiences instead of things that have happened in the past. Each session is spent learning about and discussing a variety of topics including safety, self-care, trust and anger.

**When/Where:** Thursdays, 1:30 - 2:30pm via Zoom

If you are interested in participating in TIG, please ask your CHC provider to place a referral. We will contact you to schedule a screening appointment where we can decide together if the group is a good fit for you.

**We accept most insurance including Medicaid. If you are uninsured, please check with our Patient Support staff to see if you qualify for our Sliding-Fee Scale or other financial assistance programs.**

Mental Health  
Services



[www.chcb.org](http://www.chcb.org)