



HOPE, EMPOWERMENT,
AND RECOVERY FROM TRAUMA

H.E.A.R.T

TRAUMA INFORMED GROUP COUNSELING FOR
YOUNG ADULT SURVIVORS OF SEXUAL VIOLENCE

WEEKLY, MONDAYS 11:00AM – 12:30PM
BEGINNING JUNE 2018

TURNAROUND, INC.
8503 LASALLE ROAD, 2ND FLOOR
TOWSON, MD 21286

Nearly 1 in 4 women may be a victim of sexual violence in their lifetime. This open group provides trauma informed group counseling for young adult survivors of sexual violence. Group members will learn coping skills, grounding techniques, and self-care practices as part of the trauma recovery and healing process. Eligibility: Women between the ages of 18-25. Call to schedule intake appointment.

For more information contact Lauren Lake, LCPC
410.377.8111