



# **BREAK FREE** from Trauma

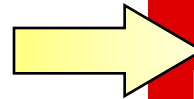
A safe space to learn, listen, talk and get support.

**Sometimes bad things happen - things that are not our fault.**



In this group, we talk about:

- The impacts of trauma
- Coping skills for calming triggered emotions
- Ways to improve safety and stability



**Starts Thurs.  
Feb. 15, 2024  
(1:00 - 2:30 pm)  
For ages 16-29**

**Part 1 (6 sessions):  
Feb 15-Mar 21**

**Part 2 (6 sessions):  
Mar 28-May 2**

**This group will be  
IN-PERSON ONLY  
at YSM Evergreen  
(365 Spadina)**

Spaces are limited, and there are some criteria for participating in this group. A facilitator will contact you to discuss!

To register, or for more information, talk to Kerry Brown  
416-929-9614 ext. 3236  
kbrown@ysm.ca

**Oh right - we almost forgot...  
free homemade cookies  
are included!**

