

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

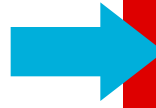


BREAK FREE from Trauma

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

In this group, we talk about:

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



**Starts Thurs.
Sept 5, 2024
(1:00 - 2:30 pm)**

For ages 16-29

Part 1 (6 sessions):
Sept. 5-Oct. 10

Part 2 (6 sessions):
Oct. 17-Nov. 21

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!**

