

medicare

**Mental Health Centre
Canberra**

Understanding and Healing from Trauma Group

This 6-week group aims to provide education, information and knowledge to participants about trauma. The group will be a combination of education and reflection and is not a therapy group. Topics covered will include:



Our understanding of trauma, Post traumatic Stress Disorder and Complex Trauma (or Complex PTSD)



Coping strategies and survival



What are the overall impacts of trauma?



Why are relationships important?



How does trauma impact individuals, including our brain, our nervous system and our relationships?



Ideas to begin healing from trauma



The importance of the developing brain and how this is impacted by trauma in childhood



Personal reflection

This group runs in the evenings of weekdays during the school term. To register your interest in attending this group, please email: hello@thinkmh.com.au or call 1800 595 212

An assessment with our intake team is required prior to commencing in the group.

Canberra Medicare Mental Health Centre, Shop G7 (Ground Floor), 14 Childers Street (At the corner of Childers and Allsop Street) Canberra City ACT 2601.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

No cost

Light refreshments will be provided. All participants will receive a workbook to keep.

1800 595 212

hello@thinkmh.com.au

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An Australian Government Initiative

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