

GAR's - PSR's - BVOR's

Trauma-Informed Counselling Group

Landing & Settling

Mondays 10 AM – 12 PM

CHILD MINDING AND INTERPRETERS AVAILABLE

The group offers:

- **Psychoeducation on trauma**
- **Stabilization of symptoms**
- **Enhancing self-care and resilience**
- **Rebuilding trust**
- **Building connections and reducing isolation**

For more information:

Phone: 778-372-6592 - Email: referrals@vast-vancouver.ca