

# PSYCHO EDUCATION GROUPS

May 6th - June 30th

Trauma and You  
Mondays 1-2:30pm  
Suitable for adults

Participants will learn in depth about trauma is and its impact on the mind and body.

Includes identifying triggers and how to deal with them

Includes basic coping strategies for dealing with anxiety and other unwanted feelings

Participants will learn about the role of self care in the healing journey

Taking Care of You  
Tuesdays 1-2:30pm  
Suitable for adults

Includes learning the basic concepts of trauma and stress on the mind and body

Focuses on grounding and mindfulness activities as part of the healing journey

Includes information on breathwork, visualization, meditation, imagery, and the use of the 5 senses to deal with negative emotions and promote relaxation and peace

Participants are strongly encouraged to try the activities and examples of grounding/mindfulness (Interactive videos/etc.)

Helping Children Heal from Trauma  
Wednesdays 10-11:30am  
For parents. Childcare not available.

Participants will learn in depth about trauma is and its impact on children's minds and bodies.

Includes identifying children's triggers and how to deal with them, basic coping strategies for helping your child deal with anxiety and other unwanted or overwhelming feelings

Includes information on how trauma affects parenting, parenting children dealing with trauma, ways to deal with difficult behavior, and how to talk to children about trauma

Includes information on helping your child learn to be calm, feel safe and express themselves

Pre-Registration is required.

The same class is offered every week, during registration please indicate which date you would like to attend.

Regina Sexual Assault Centre  
1830 MacKay St.  
306-522-2777  
rsac@sasktel.net