

BEYOND TRAUMA:

A Healing Journey for Women

Does it seem like the past is standing in your way today?

Has alcohol or other drug use been a part of that picture?

This program provides hope and direction for women who are *moving forward* from substance use and trauma.

Beyond Trauma women's group meets for eleven weeks to explore:

- Personal power
- Self-esteem
- Managing stress
- Self care
- Positive relationships

*Based on the Hazelden curriculum

DATE: Monday, April 2 - June 18, 2012
(No class on May 28, 2012)
at CARE, 31900 Utica Road, Fraser, MI 48026

TIME: 6:00-7:30 pm

COST: \$30.00 registration for all eleven sessions.
Group size is limited.

REGISTER: www.careofsem.com
or call 586.541.0033



CARE's mission is to educate, link and support individuals, families, businesses and communities affected by family concerns, workplace challenges, mental health conditions and the misuse of alcohol, tobacco, and other drugs in southeastern Michigan.

