



# Thriving After Trauma

A group for students who have past experiences of interpersonal violence (sexual abuse or assault, dating/domestic violence, child abuse, or stalking).

This group is a trauma-informed setting where survivors can gain understanding of the impacts of trauma on their current life and mental health while connecting with others who have shared experiences.

This is not a trauma processing group, and members do not talk about the details of their experiences. Instead, discussions are focused on approaching different aspects of the healing and recovery processes with an emphasis on safety, care, self-compassion, and empowerment.

Tuesdays from 1:30-3:00

Contact: Danielle Smith, Ph.D. @ 831-459-2628



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\*Please let us know if you require a disability accommodation at 831-459-2628\*