



RECOVERY & EMPOWERMENT GROUP

PSHDC is offering a 16 week Recovery & Empowerment Group every Thursday evening from 6-7:30 PM beginning September 16, 2009. This group is for girls age 14-20 who have witnessed or been victims of life traumas such as:

- ❖ Domestic Violence
- ❖ Crime
- ❖ Sexual assault
- ❖ Physical, sexual or verbal abuse
- ❖ Family addiction
- ❖ Natural disaster, terrorism, or accidents
- ❖ Other traumatic losses or experiences

This group has been proven to reduce symptoms related to trauma such as nightmares, anxiety, depression, and hopelessness; enhance self-esteem; and give girls a feeling of control over themselves and their lives.

If you know a girl who you would like evaluated for this group please contact Suzanne Robison at 215-540-5860 X35. The cost of this group is \$40 per week.

