

# PTSD GROUP (ADULT WOMEN & MEN)

PTSD groups, one for men and one for women, are for individuals who wish to start examining their individual issues with trauma.

This group uses psycho-education and sessions focus on:

- Education about PTSD
- Developing coping strategies and problem solving skills to deal more effectively with PTSD symptoms
- Reducing PTSD symptoms
- Improving psychosocial adjustment

This group is **20 sessions** long and each session is **two hours** in length.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance you may qualify for support through the county sliding fee program.

**Facilitator(s): Julie Smith, MA, LPCC  
Jeff Hoffman, MA**

**For more information, call our intake line at 763-780-3036.**

20 WEEK  
COMMITMENT

STARTS SOON!  
*A LIMITED NUMBER  
OF PARTICIPANTS CAN  
START AFTER GROUP  
HAS ALREADY BEGUN*

CALL NOW TO  
SIGN UP  
763-780-3036

LOCATION:  
BRIDGEVIEW  
7920 UNIVERSITY AVE NE,  
FRIDLEY, MN 55432

SLIDING FEE  
AVAILABLE



**Lee Carlson Center™**  
FOR MENTAL HEALTH & WELL-BEING

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