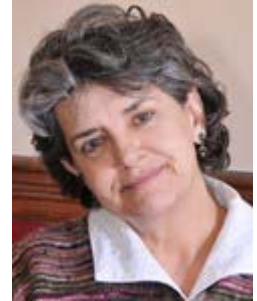


Tornado Victim

FREE Group Counseling Sessions

Every Wednesday in July at 5:30

Guest Speaker & Therapist, **Karen Nolen, LICSW**



Having personally experienced the total loss of her family home to a Devastating fire, and assisting her family in Louisiana after hurricane Rita, Karen can truly say, ***"I know how you feel"***.

Everyone has big feelings in a disaster. People will often have many feelings at once. To be able to sort these out in a group or with a therapist is crucial. What we need is someone to witness our intense pain to take away the *I feel crazies*. Being with other people who've had similar experiences, can identify with one another in ways co-workers or other unaffected people can't.

During these group sessions Karen will discuss the following:

Post Traumatic Stress ~ Handling Priorities

Coping Skills ~ Survivors Guilt

Taking "Care" during these stressful times

Dealing with multiple feelings:

Pain, Loss, Anger & Being Overwhelmed

There is no cost; however registration is required as there are limited spaces.

Please call to register for your date of preference at: **413-567-WELL** (9355)

Location: **175 Dwight Road, Suite 103, Longmeadow, MA 01106.**

Sponsored by:

The Counseling & Gynecology Group

www.gyngroup.com