

# BECOMING --- SAFELY --- EMBODIED

A Skills-Building Group  
for Women  
with a History of Trauma

Often the effects of trauma can have a significant impact on daily life long after painful events have passed. These effects may be experienced as frequent agitation, anxiety or a sense of numbness that seem to belong more to the past than the present. This group will explore and use knowledge of the way trauma affects the body and brain to teach useful skills that will help to live a more peaceful life in the present moment. Skills will include: meditation, recognizing triggers and identifying thoughts, feelings and body sensations. The group will be experiential with time for practice.

Sliding scale fee.

For more information contact  
Amy Zajakowski Uhl, LCPC  
773/754 - 7441 EX 20

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12-week session,  
Tuesday evenings,  
beginning  
Jan.31st, 7:00 - 8:30 p.m.



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