

Empowerment Group



FAMILYCARE COUNSELING SOLUTIONS

Recovery Is Possible!

Trauma has become an all-too-familiar factor in our society and our lives. Trauma can be a single, isolated event or a series of events affecting few or many. Trauma can impact every area and aspect of a person's life. Children and adults exposed to traumatic events may experience a range of emotional and physiological reactions that can last a lifetime. Taking this group helps you understand the impact trauma and develop strategies to cope.

Program Overview

1-hour Therapy Groups
Gender Specific

***Supplemental Treatment Add-Ons Available**

Group Days/Hours:

Wednesday
6:00 pm to 7:00 pm.

Location:

525 West 5th St. Suite 116
Covington, KY 41011

familycareky.org

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Program Requirements
(Based on Level of Care)

Participant in Programming

Help develop your treatment goals

Keep treatment team updated on progress



Program Information:

Up to 12 weeks of Trauma-Informed & Evidenced-Based Treatment

- Strengthening Trauma Recovery Skills and Resiliency
- The Cycle of Violence and Stages of Change
- Enhancement of Self-Worth and Self-Discovery
- Understanding Power and Control
- Self-Sufficiency and Life Skills
- Maintaining Emotional & Social Boundaries
- Supplemental Treatment Add-Ons available based on your identified needs
- Add-ons include Individual Therapy, Family Therapy, Recovery Support Groups, & Individual Peer Coaching
- Access to a Care Coordinator for care coordination and linking you to community resources

KEEP YOUR RECOVERY FIRST
CALL US TODAY!

859-261-0086

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