



HealthCircle Veterans Health and Trauma Clinic

UNIVERSITY OF COLORADO
COLORADO SPRINGS

TRAUMA REGULATION AND EDUCATION EXPERIENCE – A NEW GROUP OFFERING AT THE VHTC

The Veterans Health and Trauma Clinic is excited to introduce a new psychoeducational and experiential group: Trauma Regulation and Education Experience (TREE). This 6 week group is designed for individuals who have experienced significant stress or trauma, are new to treatment, or who want to learn concrete ways to reduce the effects of stress. Group members will learn about the body’s stress response; and how to promote optimal brain health and functioning through nutrition, exercise, and improved sleep. Members will experience an introduction to mindfulness and some basic yoga. We’ll also introduce some apps to supplement group experiences. Hope you can join us!



Specifically designed to help individuals who are dealing with:

- Feelings of stress or anxiety
- A history of Trauma
- Poor sleep
- New to therapy
- Want to learn effective stress management skills

The group will meet on Monday afternoons at the Veterans Health and Trauma Clinic. Cost is \$20.00 per meeting. Please call Lisa Barker for more information.



**Veterans Health and
Trauma Clinic
719-255-8003**

