

Children's Wellness
Center of Colorado

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Trauma Recovery & Empowerment Group

The perceptions, myths, and social expectations that go along with being a woman in our society influence the ways in which women caregivers process and understand their experiences of physical, sexual, and emotional abuse

TREM addresses both short – and long – term consequences of victimization and trauma. It emphasizes the development of coping skills and connection with social support

This group meets once per week for 1 hour and 30 minutes, over a span of 18 weeks

Groups are offered on an ongoing basis throughout the year, in person and virtually



Contact our office to inquire about our next group:

Phone: (720) 662 - 7862 Ext. 0

Email: info@cwccolorado.com