

# Trauma support group for adults in SLT

Live Violence Free is offering a free adult trauma support group for people who are survivors of sexual assault, domestic violence, child abuse, or other forms of sexual abuse.

The support group offers a confidential space to receive education and support on healing from trauma caused by previous abuse.

The goal of the group is to provide support, psycho-education, coping skills and promote healing after a traumatic experience.

There is no need to sign up for the group—it is confidential and no-cost.

The group meets at Live Violence Free (2941 Lake Tahoe Blvd., South Lake Tahoe) on Wednesdays from 11am-noon.