

PTSD BOOSTER GROUP

The PTSD Booster group is designed for clients who have recently completed treatment at the Anxiety Treatment & Research Centre (ATRC) for Posttraumatic Stress Disorder. The group occurs monthly and is on a drop-in basis. The sessions are facilitated by Phil Shnaider, Ph.D., C.Psych (Supervised Practice) and Jennifer Robinson, MSW, RSW.

For more information, please call Lisa Di Nardo, Group Treatment Coordinator at: 905-522-1155, Ext. 32168

GOALS

- Prevent relapse
- Help with continued exposure practice
- Provide support

HOW WE GO ABOUT THIS

- Reinforce Skills: We review and practice the skills learned during the treatment sessions. Group members are encouraged to support each other and help one another address stuck points.

The Booster Group will be held at the ATRC at the West 5th Campus of St. Joseph's Healthcare (100 West 5th Street) on **THURSDAYS from 3 to 5 p.m.**

The Monthly Schedule is as follows:

Thursday, January 3, 2019

Thursday, February 7, 2019

Thursday, March 7, 2019

Thursday, April 4, 2019

Thursday, May 2, 2019

Thursday, June 6, 2019

Thursday, July 4, 2019

Thursday, August 1, 2019

Thursday, September 5, 2019

Thursday, October 3, 2019

Thursday, November 7, 2019

Thursday, December 5, 2019