

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 Jennifer Robinson, MSW, RSW, Irena Milosevic PhD., C. Psych and Jenna Boyd, PhD., C. Psych. (Supervised Practice).

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

GOALS

- Prevent Relapse
- Help with Continued Skill 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 9th, 2020

Thursday February 6th, 2020

Thursday March 5th, 2020

Thursday April 2nd, 2020

Thursday May 7th, 2020

Thursday June 4th, 2020

Thursday July 2nd, 2020

Thursday August 6th, 2020

Thursday September 3rd, 2020

Thursday October 1st, 2020

Thursday November 5th, 2020

Thursday December 3rd, 2020