

Overwhelmed? Anxious? Don't Want to Talk, but Want to Feel Better?

JFS IS MAKING IT EASY TO GET HELP AFTER THE FIRES

FREE 90-MIN WILDFIRE DISASTER GROUP EMDR SESSION

This group is designed to help increase your sense of balance, calm and ability to manage disturbing thoughts, feelings, and memories. You will be asked to draw and/or write phrases while practicing bi-lateral tapping techniques to support your nervous system to process your experiences.

1

LEARN MORE

Read about Group EMDR at
jewishfamilyservice.org/groups

2

REGISTER

Complete the short,
online registration

3

SCHEDULE & BEGIN

Choose a date(s) and start your
journey to support yourself

PROGRAM

INFORMATION

The 90-minute, Group EMDR protocol is an evidence-based practice designed specifically to support individuals impacted by disasters such as wildfires. Led by local therapists certified in Group EMDR, the sessions incorporate mindfulness, grounding exercises and other resources to decrease emotional and physical struggles that can follow trauma. While there are opportunities to reflect, encourage, and empower others, you will not be asked to talk about your experiences or be exposed to other participants' traumatic experiences. You will also receive additional resources to support you after the session.



COMMUNITY
FOUNDATION
BOULDER COUNTY



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