

# **Spouse Support Group**

**Information Sessions Starting Feb 13 & 27 2019**

**6 week group official start date March 13th**

**Information on Posttraumatic Stress Disorder**

**Issues affecting spouses i.e. Secondary Trauma**

**Crisis Care and Safety Planning**

**Self Care, Relaxation, Guided Imagery**

**Caregiver Supports & Benefits**

**Art Therapy**

**Moral Injury**

**Location: Prince Georges County Vet Center**

**Dates and times: 2nd & 4th Wednesday of Month 1-2:30pm**

**For further information or to sign up please contact**

**Karen Silcott, LCSW 202-745-8942 or 301-856-7173**