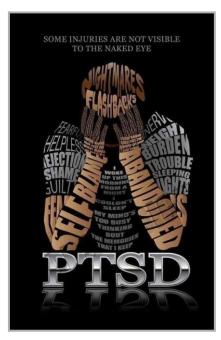
## PTSD SUPPORT GROUP







## **WHEN**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, 6:30-8:00pm

Jan. 14 & 28
Feb. 11 & 25
Mar. 10 & 24
Apr. 14 & 28
Oct. 13 & 27
May 12 & 26
June 9 & 23
July 14 & 28
Aug. 11 & 25
Sept. 8 & 22
Oct. 13 & 27
Nov. 10 & 24
June 9 & 23
Dec. 8 & 22

## **WHERE**

Douglas County Community Center 1327 Waterloo Lane Gardnerville, NV 89410

This group is open to adults 18 and older who have PTSD. Each facilitated session will include time for sharing, as well as educational and mental health resources.

Sessions are Free of Charge



JOIN US AND TAKE THAT FIRST STEP TOWARD A MORE PEACEFUL LIFE ...

ONE YOU DESERVE.



## Sponsored by:

Suicide Prevention Network



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www.facebook.com/suicidepreventionnetwork www.spnawareness.org

775-783-1510 Main Office 775-309-8968 Aaron (Facilitator)