

# Adult Group Therapy

## Connecting to Ourselves and Each Other

*A mind-body approach to healing and resiliency*

**What:** A support group for adults, focusing on healing and strength

**Facilitators:** Alyssa Brelsford, LICSW, RYT and Elise Marraro

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**Start Date:** TBD

**Where:** The Trauma Center, 1269 Beacon Street, Brookline MA, 02446

**Cost:** Provided free of cost with the support of grant funding from the Victims of Crime Act (VOCA)

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**Description:** It has been said that we are hurt in relationship and therefore heal in relationship. This group will focus on restoring the mind and body connection while in a supportive community environment. We will explore and practice strategies including, sound, movement, art, coping skills, and more. The goal of this group is to support members in developing a felt sense of wholeness and integration within themselves and connection to others.



Group members are invited to participate in the forming of this group via input during the screening process and opportunities for feedback throughout participation.

**To Join:** All who are interested are invited to partake in our screening process. This process is to explore together individual needs and how/if they can be met by this group. For more information or to start the process, please contact Alyssa Brelsford, LICSW at 617-232-1303x2038, [abrelsford@jri.org](mailto:abrelsford@jri.org)