



An Educational Discussion and Support Group

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# BEYOND TRAUMA GROUP

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The focus of this group is to understand trauma, how it affects our lives, and how to heal from it.

**Tuesdays 5:30 p.m. - 7:00 p.m.**  
**Starts January 18, 2022**

7-weeks, 10 participants  
There is no cost to attend



Facilitator: Alicia Caldwell, LPC

Co-Facilitator: Caprice Hollis, PLMHP

**Location: Women's Center for  
Advancement  
3801 Harney St.**

Register or ask questions by  
contacting Caprice Hollis  
at 402-345-6555 ext. 144 or  
[capriceh@wcaomaha.org](mailto:capriceh@wcaomaha.org)



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Week 1: Introduction to the Program/The Connections between Violence, Abuse, and Trauma

Week 2: Power and Abuse/The Process of Trauma and Reactions to Trauma

Week 3: How Trauma Affects Our Lives/Abuse and the Family

Week 4: The Connection between Trauma and Addiction/  
Grounding and Self-Soothing

Week 5: The Mind and Body Connection/Feelings

Week 6: Healthy Relationships

Week 7: Endings and Beginnings

This is an in-person closed group. Face masks are required.  
No childcare is provided. Dinner will be served.

