

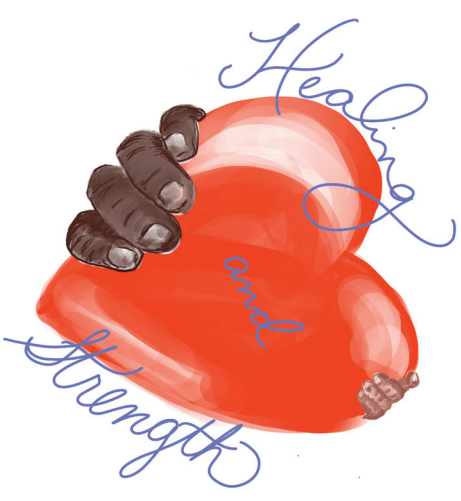
- ◆ Groups meet weekly for 13 weeks in the evening, starting September and February.
  - ◆ FREE door-to-door transportation, supper, and childcare provided.
  - ◆ Groups are led by experienced, licensed professionals.
  - ◆ Learn to use natural herbal teas and aromatherapy
- Pre-registration required:  
call 610-368-0714



Chester Community Coalition  
 703 Central Ave.  
 Chester, PA 19013  
 610-368-0714 or  
[info@chestercommunitycoalition.org](mailto:info@chestercommunitycoalition.org)  
*Website*  
[chestercommunitycoalition.org](http://chestercommunitycoalition.org)

***Mission***  
 To heal the psychological and emotional impact of homicides and reduce trauma-related reactive violence in the City of Chester, PA

# HEALING AND STRENGTH



A free program where families who have lost loved ones to violence gather, share a meal, and find strength together on a journey of healing.

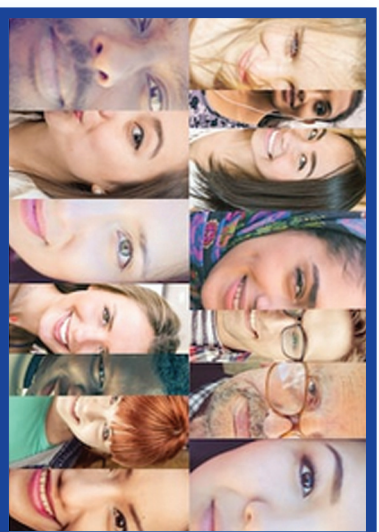
It's normal for trauma and grief to have strong emotional effects on children and grownups. These effects can include flash-backs, disturbing dreams, anger, being “super-alert” and jumpy, or having trouble sleeping.

Our bodies naturally react to danger by releasing chemicals that get us ready to fight, or take flight, or freeze—these reactions help us get out of the way of a speeding car, or stand up to a bully. However, trauma and grief can set off alarms and feelings of fear, anger and anxiety



### *Art Group (4-7)*

- ◆ Learn what feelings are, how to name them and what they look like in behaviors and faces.
- ◆ Learn how to practice things to get out energy, talk about feelings, and feel safe in a group with art activities



### *Child (8-12) and Teen (13-17) Groups*

- ◆ Learn about their feelings and experiences
- ◆ Develop skills to cope with difficult emotions and feel more in control of their reactions and behaviors
- ◆ Identify ways to continue to heal and remember their loved ones.

### *Adult Group*

- ◆ Learn skills to ground yourself and your children
- ◆ Learn how to manage trauma reactions and reminders through supportive connection

*Services are strictly confidential.*

