



Healing from violence is possible. You can take charge and we can help you learn how.

Violence affects you in many ways:

**Emotional
Psychological
Social**

We will teach:

Methods for helping your family recover from trauma

**Relaxation techniques
Communication tools.**

Pre-registration required. Call 610-368-0714

Trauma-informed Counseling

FREE trauma support services to Chester families directly affected by violence. Groups are led by experienced, licensed professionals.

- Group counseling for families of homicide victims and survivors of gun violence. Children 8-12, teens 13-17, and their caregivers are welcome to participate.
- Group art therapy, for children aged 4 – 7.

Sessions start in **February, 2019 in the evening and continue weekly** for 12 weeks. **Preregistration required.** Call 610-368-0714 or email info@ChesterCommunityCoalition.org

FREE Door-to-door van transportation, supper, and childcare provided.



Chester Community
Coalition
703 Central Ave