



## **Trauma and Loss Group**

Providing a safe, supportive and educational space to learn new skills to prepare you for a better tomorrow

This group is for adolescents who have experienced a trauma and/or a loss in their lives. It will address the emotional, behavioral, and cognitive dysregulation that teenagers feel following a traumatic or stressful life event. This group will help you minimize unwanted symptoms as well as process the trauma by creating a narrative around the trauma or loss. The group is broken up into different components to help learn new skills, process the event, and prepare for the future.

Groups will be 90 minutes in length and go for 10 weeks. Groups will be separated by gender. Ages from 12-18. Prior to the start of group, each member will do an intake with group facilitators to gather background information.

Group curriculum is evidenced based

If you are interested in being a part of this group, please contact  
Ashley Teigland, MA, LMFT  
Contact Information: [ateigland@relatemn.org](mailto:ateigland@relatemn.org) or 612-567-2433

