



Steps to Peace



Finding Peace After Trauma

Group Lead By: Ellen Brandon, LCSW

- *A bi-weekly trauma-informed group for women*
- *This group focuses on increasing our ability to cope with symptoms and enhancing our capacity to heal*
- *Education about trauma and trauma recovery is provided*
- *Self care is practiced and emphasized*

OPEN ENROLLMENT

Thursdays: 1:00 pm – 2:00 pm

**Pinnacle Behavioral Health, IPA, LLC
1 Pinnacle Place, Suite 102
Albany, NY 12203**

VISIT US AT : PINNACLEBEHAVIORALHEALTH.COM

FOR FURTHER INFORMATION CONTACT NARELY AT (518) 689-0244 EXT. 19

MOST INSURANCES ACCEPTED