

Institute of Advanced Studies

Process Therapeutic Group for service members dealing with **PTSD**



WHY?

Better your mental health with a Therapist
who is an experienced combat veteran.

This at low cost to the veteran / Sliding Scale

PTSD PROCESS GROUP

- Upsetting memories.
- Feel on edge.
- Have trouble sleeping.
- Fear, loneliness, loss of interest or pleasure in activities.
- Having difficulties doing normal daily activities like: work, school, spending time with people you care about.
- Difficult time developing or maintaining relationships.
- Although, most people start to feel better after a few weeks of self-help most will not know when PTSD will strike again without professional mental health help.

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