



How to reach us:

TRAUMATIC STRESS SERVICES
Mental Health & Addictions
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**All new referrals are accepted
through
Adult Central Intake**

**Ph: (709) 752-8888
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Traumatic Stress Services



THE LOTUS FLOWER

*A SYMBOL OF GROWTH
AND ENLIGHTENMENT. IT
SURVIVES RUGGED
ENVIRONMENTS TO
BLOOM IN ITS MOST
BEAUTIFUL FORM.*

Our Program

Eastern Health's Traumatic Stress Services are part of the Mental Health & Addictions Program.

We provide specialized group-based counselling services to adults, 18 years and older, who are experiencing complex symptoms as a result of traumatic life events.

Clients may report concerns related to:

- Symptoms of Posttraumatic Stress Disorder (PTSD)
- Anxiety and mood
- Substance use
- Sleep and eating
- Memory and attention
- Relationships and trust
- Emotion regulation
- Self-care abilities
- Impulsive thinking
- Self-destructive behavior
- Hopelessness
- Dissociative episodes

Treatment Services

Various therapies are used to assist clients with managing traumatic impacts and symptoms.

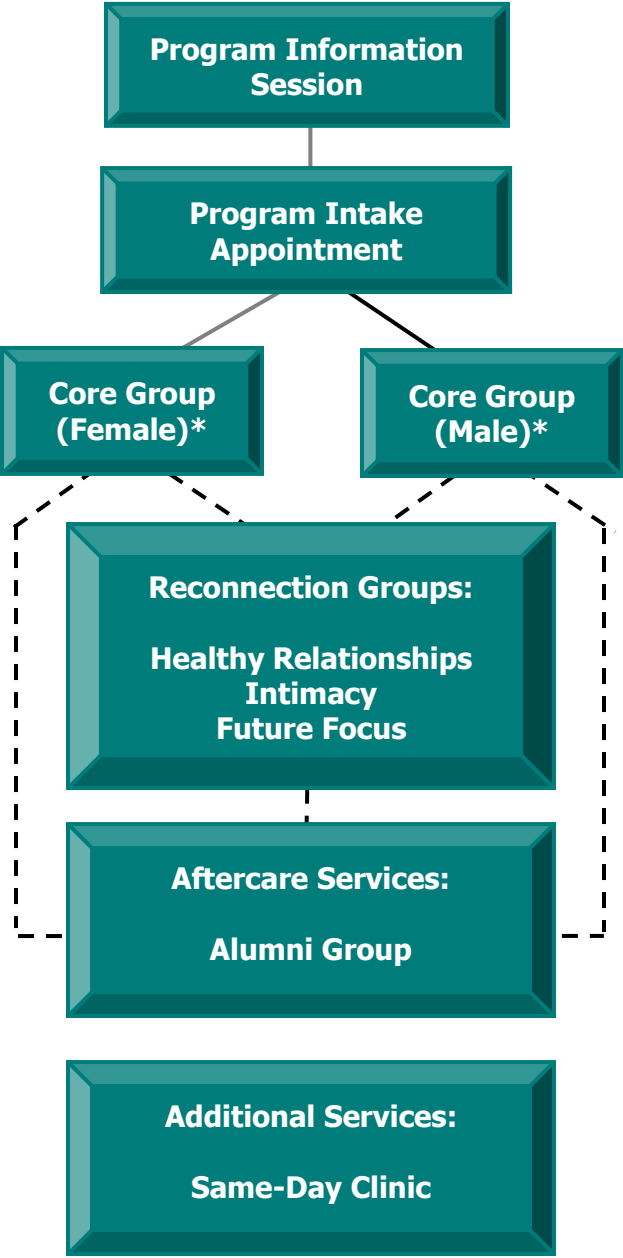
Treatment may involve stabilization, safety, trauma memory processing, reconnection, and aftercare.

Treatment is primarily group-based. A clinician may recommend individual counselling in some circumstances.

We also encourage a recovery focus with client involvement in peer support and community services.

Our team includes:

- 1 Program Manager
- 1 Nurse
- 3 Social Workers
- 1 Occupational Therapist
- 1 Psychologist
- 1 Administrative Support



*Individuals who do not identify with either female or male gender identity may speak with staff about their options for group and/or other services

Program Information Session

Once your referral is received, you will be offered a space in one of our Program Information Sessions. These sessions are conducted in group format by members of our clinical staff. During this session, staff will provide information about complex trauma and the treatment available as part of our program. There will be opportunities to ask questions, but you are not required to participate. At the end of the session, you will be asked to indicate whether you are interested in being placed on our waitlist.

Program Intake Appointment

If you choose to be placed on our waitlist, you will be contacted when space becomes available in our program. At that point, you will be offered an intake appointment to meet individually with program staff. During this appointment, staff will review the service being offered, and address any questions or concerns you might have. It is during this appointment that you will be informed of your assignment to a core group, and the start date. If it is

determined during this session that the core group is not recommended for your needs at that time, options for alternative services will be discussed.

Core Group

Group sessions occur weekly for approximately 30 weeks, and are two hours in length. Expectations around confidentiality, attendance, participation, and self-care will be discussed at the beginning of group, and are intended to facilitate creating a safe place for members to share their experiences. The topics discussed focus on assisting group members with understanding their symptoms, developing coping strategies, and processing their thoughts, emotions, and memories in a way that promotes change. If you choose, you can be waitlisted for our Reconnection Groups and/or use our Aftercare Services following the completion of the Core Group.

Reconnection Groups

Our Reconnection Groups are intended to assist clients with setting goals and making changes as they move forward with their lives post-trauma. Healthy Relationships

and Future Focus are each eight weeks in length. Completion of the Healthy Relationships group is necessary before participating in our two-hour Intimacy Workshop. You will be provided with additional information about the nature and content of these services toward the end of your Core Group.

Aftercare Services

Alumni Group is offered as a service for clients who have completed their therapeutic work, but occasionally need to connect with trauma-related support. This group is offered twice monthly and runs for 90 minutes. No registration is required for this group.

Additional Services

Same-Day Clinic appointments are available to clients at any stage of program if they do not have an individual therapist. These sessions may be used to provide occasional individual support regarding trauma-related matters, or to assess whether you may require additional services to meet your needs. Appointments are booked by phone on the morning of Same-Day Clinic for time slots available that afternoon.