Trauma Support Groups

Support groups are a great way for survivors of trauma to come together to discuss their experiences.

Project COPE support groups offer guidance, resources, and a safe space to discuss life after the storm. Led by trained facilitators, groups focus on:

- Coping with Stress and Anxiety
- Coping with Anger
- Families Coping with Trauma
- Coping with Grief and Loss
- Resilience in Families

Join us!