



Trauma Support Group

When you, a family member or friend have experienced a traumatic injury, it helps to connect with others who understand.

UofL Hospital's Trauma Center offers a **FREE** support group for patients, family and friends; facilitated by our trauma professionals.

Wednesday, July 14th @ 6p.m.

Zoom Link :

<https://uoflhealth.zoom.us/j/97829194624>

Guest speaker: Jessica Brown PT, DPT

Jessica is a physical therapist with UofL Hospital who works with many of our trauma patients during their inpatient stay. She will be joining group to discuss various resources for trauma survivors to promote physical activity post discharge.

Questions?

Contact the Trauma Center's social workers:

Lindsey Journey, MSW, CSW – 502-562-3871

Jennifer Youngberg, MSSW, CSW – 502-217-5295

Benefits of participating in a support group:

- Sharing experiences and helping others
- Feeling less alone, anxious and afraid
- Gaining support and hope from others facing similar experiences
- Learning new skills for coping
- Feeling more in control
- Helpful tips and resources

UofL Hospital Trauma Center

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