



# 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, October 13 @ 6p.m.**

**Zoom Link :**

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

**Guest Speakers: Marybeth Orton, Art Therapist and Amy Mattingly, Art Therapy Student will be guiding us through an art therapy project. If interested, please reach out to Jenny or Lindsey to ensure you have the materials needed. Hope you can join us!**

## 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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