Serenity Circle Counseling

Coping & Connection Circle

A Trauma-Focused Psychotherapy Group for Adults

- Ongoing trauma psychotherapy group for adults who have experienced trauma.
- Participants should have previously received psychoeducation and/or therapy regarding trauma.
- Participants should already have foundational coping, grounding, or emotional regulation skills
- Completion of Beyond Trauma is not required.
- Current group participants are women 40+; group composition will be considered when assessing fit.

Group Details

- Saturdays
- 8:45–9:45 AM
- In person only – Isanti
- Facilitated by Sean Fields, LP
- 4 openings available

Focus

- Explore and understand trauma-related triggers.
- Practice grounding and coping skills for trauma responses.
- Strengthen emotional regulation in the context of trauma.
- Refine individualized trigger-management plans.
- Build therapeutic connection and trauma-informed support.

Free 20-minute consultation to assess fit

Call (763) 600-2911

www.SerenityCircleCounseling.com

Support that evolves with you.