

HOW WE HEAL: *Trauma and Anxiety Support*

FREE Cottage Health Support Groups, Post-Disaster Relief

Unless noted, groups are held at:

Santa Barbara Cottage Hospital
400 W. Pueblo Street
Santa Barbara, CA 93105

Programs are FREE and open to all Santa Barbara area residents. We have licensed clinicians that will assist your recovery with personal attention to your unique situation.

For more information, please contact program staff:
805-569-7501 or
howweheal@sbch.org

Attendance for each session is not required but is encouraged

Length of program will be tailored to fit each person's individual need

Groups begin the week of March 19, 2018.

You may register anytime throughout the program.

HOW WE HEAL: COPE Intensive Outpatient Program

› Process Group: Fridays 6-7:30p.m.

Gaviota Conference Room | Peter McGoey, LMFT

This group will allow individuals to process trauma in a safe space and is open to young adults and older. This will be a psychodynamic group with mostly verbal interventions.

› En Español Process Group: Mondays 6-7p.m.

Gaviota Conference Room | Gonzalo Gonzalez, LMFTI

Este grupo permitirá a los participantes procesar una experiencia traumática en un espacio seguro. Este grupo estará abierto para adultos jóvenes y mayores. Este será un grupo psicodinámico con intervenciones principalmente verbales.

› DBT/Skill Building/Seeking Safety Group: Mondays 6-7:30p.m.

Gibraltar #1 | Tinka Sloss, LMFT

This group will be skill specific and will be taught in a psychoeducational fashion. The goal will be skill acquisition. Once skills are learned, participants will have the ability to practice them in a safe space.

› School Age/Teen Group: Tuesdays

427 W Pueblo Street, Suite B, Santa Barbara | Stephanie Molina, LMFT

Group 1: child (ages 7-12) 3:30-4:30 p.m.

Group 2: adolescent (ages 13-17) 4:30-5:30 p.m.

Groups will involve hands-on expressive therapeutic activities such as art therapy. Process oriented group discussions will take place to address current trauma and real-time situations. Skill-based tools to be taught to aid in dealing with current stressors and emotions.

› Survivor Group: Tuesdays 6-7p.m.

Gaviota Conference Room | Layla Farinpour, LMFT and Peter McGoey, LMFT

This group will be specific to those survivors who directly experienced the disaster. It will be targeted to first responders and patients who Cottage treated.

› Spiritual Care Group: Wednesdays 6-7p.m.

Sacred Space | Chaplain Pam Washburn and the Cottage Spiritual Care Team

A non-denominational spiritually based support group.