



HOW WE HEAL: *Trauma and Anxiety Support*

*How We Heal:
with love and
support from
others.*

*Let Cottage Health
help you in
your healing.*

FREE Cottage Health Support Groups, Post-Disaster Relief

Our intensive outpatient program includes groups that will help you learn how to manage symptoms of anxiety, depression and trauma. We will also help you with processing your grief and be one of your advocates during the long term recovery period.

This free program is open to all Santa Barbara area residents.

We have licensed clinicians that will assist your recovery with personal attention to your unique situation. Please visit one of our orientation meetings to learn more about what we offer and how we can be of service to your recovery.

DROP IN ORIENTATION AND EDUCATION SESSIONS:

March 12-16 from 6 – 8 p.m. (stop by anytime)

Santa Barbara Cottage Hospital
400 W. Pueblo Street
Santa Barbara, CA 93105
Gaviota Conference Room (use the Bath Street entrance)

For more information, please contact program staff:

805-569-7501 or **howweheal@sbch.org**