



# TRAUMA RECOVERY & EMPOWERMENT GROUP FOR WOMEN

*A 12 WEEK GROUP*

## **Facilitators:**

**Hillary J. Reno,  
LCSW, CADC I II, MAC**

Hillary is a dedicated knowledge seeker, justice weaver and advocate of hope who believes that fullness of health necessarily includes meaningful connections with other human beings.

**Cindy Marino,  
PsyD, Psychologist Resident**

Cindy is believer in the healing power of individuals gathering together in community. She is committed to supporting groups that provide support, growth, and acceptance.

## **Fee:**

This Mental Health Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available.

## **To Register:**

Call us (503-238-5203) or ask Quest Staff at the Front Desk for assistance.

**Wednesdays, 1:00 - 2:30 PM**

**April 17th – July 3rd, 2019**

**Location: Flanders Group Room**

This is a unique opportunity to be a part of a community of individuals who identify as women and are committed to their healing process. If you're interested, be sure to talk to your Mental Health Provider or register at the front desk as it will be limited to 10 members.

This group is both psychoeducational and experiential and will navigate weekly topics through exploratory questions, reflective group discussion, and creative expression experiences. This group process invites you to both learn and re-awaken the ways in which trauma and abuse have impacted your life. You will be offered opportunities to learn, practice and sustain life-enhancing skills and exercise your intrinsic wisdom to support choice, agency, health and empowerment in your life.

The intent of this group is to support you in becoming stronger, more empowered and with mindful self-compassion and meaningful purpose. You are invited to bring your fully present self but please know there are no expectations for retelling your story of trauma survivorship.

**You must be engaged in Mental Health Services to enroll in MH groups.  
To become a client of MH Services, please call our intake team at 503-238-5203.**

**BE WELL - BE YOU**

**QUEST**   
**CENTER**  
FOR INTEGRATIVE HEALTH

[www.quest-center.org](http://www.quest-center.org)

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