



Reduce Traumatic Stress

Virtual Group Session for Adults

Thursdays, 11:00 a.m.–12:30 p.m.
Saturdays, 9:00–10:30 a.m.

In-Person Group Session for Adults & Teens

Tuesdays, 4:00–5:30 p.m.
at the Boulder JCC

Group Traumatic Episode Protocol for those impacted by the Marshall Fire

This single-session group intervention is for our neighbors who have experienced trauma from the Marshall Fire. The goal is to build resiliency and reduce traumatic stress surrounding this event.

Research has shown this intervention can decrease the onset of PTSD, depression, anxiety, substance use, relationship, and health issues that can follow trauma.

Licensed local therapists will facilitate these groups. You may attend one or several sessions.



Presented by JFS Boulder
To register, visit [jewishfamilyservice.org/groups](https://www.jewishfamilyservice.org/groups)