

# **Seeking Safety**

Is a present-focused therapy to help people attain safety from trauma, PTSD and/or substance abuse. The class interventions are designed to be flexible in use. The interventions can be held in group or individual settings for diverse participants.

**July–December 2017**

**Every Tuesday**

**2:30–3:30 p.m.**

**If you are experiencing difficulty in coping with trauma, PTSD symptoms and/or substance abuse issues please call the Prevention, Education and Counseling Center for more details (229) 639-5252 or (229) 639-8896.**