

# Topics

## May 19, 2026:

Understanding trauma: What it is and how it affects us

## June 16, 2026

Rooted & rising: A trauma-informed yoga session

## July 21, 2026

Coping strategies for emotional regulation

## August 18, 2026

Trauma and relationships

## September 15, 2026

Understanding triggers & setting boundaries

## October 20, 2026

Healing through art

## November 17, 2026

Navigating the holiday season and trauma: expectations, triggers, and self-care

## December 15, 2026

Letting go and holding on

## Every 3rd Tuesday

Monthly  
6-7:30 p.m.

## SNGH Heart Hospital

Conference room  
Refreshments will be served

## Registration

To register, call **1-800-SENTARA**. Register for each group by the 10th of each month. Group is still open for former patients if registration is not in.

## Questions or concerns

### Stephannie Malone, MS

Resident in Marriage and Family  
Support Group Administrator

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# Cliff Golby Burn-Trauma Peer Support Group

A supportive space for healing,  
connection, and coping



#3851 4/26



## What is this group?

This peer-led trauma support group is designed for Sentara Norfolk General Hospital (SNGH) former trauma patients who have experienced trauma. This group offers education, coping tools, and peer support in a safe and respectful environment.

### You are welcome if you are:

- Currently recovering from a traumatic experience
- Living with the long-term effects of past trauma

Please note that this is a supportive and educational group, not a trauma-processing or therapy group.

### Who can attend?

This group may be helpful if you:

- Have experienced trauma related to injury, illness, hospitalization, violence, or loss
- Are adjusting after a recent traumatic event or continuing to heal from a past one
- Feel overwhelmed, anxious, emotionally disconnected, or unsure how to cope
- Want practical tools to support emotional well-being

## All stages of healing are welcome.

### Who should not attend?

- Individuals in active crisis, such as suicidal thoughts, plans or made a recent attempt
- We suggest that those in therapy talk with their therapist before attending
- If you have a difficulty staying present or have dissociative symptoms
- Individuals struggling with active addiction

**Everyone is encouraged to participate in ways that feel safe and supportive.**

## Group guidelines



Peer led support group, for adults 18+



Participation and sharing are always optional



No graphic details or pressure to talk



Respectful listening and confidentiality

