

# RISE ABOVE TRAUMA

## What is it?

Rise Above Trauma is a trauma support group for teens. This unique 8-week group addresses the intersection of trauma and added youth responsibilities such as caring for siblings, working, or going to school. Rise Above Trauma will have peer support and one-on-one mentorship components. This group aims to help teens heal from their trauma *and* give them the tangible skills they need to make healing more accessible.

## Who is it for?

Do you know a teen between the ages of 14 and 17 who struggles to balance healing with added responsibilities at home? Helping to pay bills, take care of siblings, or figure things out on their own with limited or no adult support? Rise Above Trauma was created for them! This group will discuss ways to cope and heal from our trauma while also giving teens real-world skills. The group will adapt to the participants' most pressing needs. Space will be limited.

### Lebanon

717-272-5308  
615 Cumberland St.  
Lebanon, PA 17042

### Schuylkill

570-628-2965  
17 Westwood Rd.  
Pottsville, PA 17901

[sarccheals.org](http://sarccheals.org) | [@sarccheals](https://www.instagram.com/sarccheals)

# SARCC

# RISE ABOVE TRAUMA

**Who:** Teens ages 14-17 who are seeking to balance trauma support with tangible life skills that aid added responsibilities such as taking care of siblings, working, or going to school.

**When:** Mondays 6pm-7:30pm (March 3rd- April 21st)

*\*one mentorship session per week will be scheduled between a facilitator and a participant. Schedule for mentorship sessions will vary.*

**Where:** 615 Cumberland St. Lebanon, PA 17042  
Second floor board room

*To register, contact Tatianna Garcia via email at [tgarcia@sarccheals.org](mailto:tgarcia@sarccheals.org) or via phone at 717-270-6972 ext. 352*

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