



TRAUMA  
**REBOOT**

TRAUMA HEALING FOR EVERYONE

*Join us for*

12 sessions over 8 weeks  
FOCUSED ON **HEALING**  
FROM **TRAUMA**

Trauma REBOOT is a course – not a support group – providing practical help for anyone struggling to **cope with crisis or trauma**. You won't find shortcuts or easy answers, but instead you'll find **solutions that last**. Join us and discover that there is **hope after trauma**.

**STARTING** 12 September 2024

Register via email: [eleanor@3elementscoffee.com](mailto:eleanor@3elementscoffee.com)

MEETING DAY/TIME:

**THURSDAYS**  
**6:30–8:00 PM**

MEETING LOCATION:

**Location Name**

WYNNUM RSL

CONTACT FOR INFO:

**Eleanor**

Phone 0422 246 865

**NOTE: This course is FREE**