

Virtual Trauma Support Group



The Way

The goal of the Trauma Support Group is to help improve your day-to-day functioning. Rather than focusing on the recovery of repressed memories, this group focuses on helping you to live effectively in the present. Drawing on trauma research and evidence-based models for healing from trauma, this group will provide opportunities for learning new tools to address difficult emotions, internal conflict, and cognitive distortions.

Dates: March 4 to May 6, 2026

Wednesday 7:00 to 9:00 p.m.

The Trauma Support Group is for women and limited to 10 participants. It is led by a professional counselor experienced in working with survivors of trauma and well-formed in the Roman Catholic faith.



The Roman Catholic
Archdiocese of
Washington

For more information, visit adw.org/the-way-support-group or email Deborah McDonald, mcdonaldd@adw.org.