



# Understanding and Healing Trauma

A Trauma Education and Process

Group Wednesdays 6 pm - 7 pm

Care and Counseling Center of Georgia  
1814 Clairmont Road  
Decatur, GA 30033

**To register or for more information contact Kristy  
Aspinwall, LPC  
(404) 636-1457 ext. 416 or [kaspinwall@cccgeorgia.org](mailto:kaspinwall@cccgeorgia.org)**



**This group is intended to help those who have faced trauma in their past and believe it is still impacting their life. There is no need to be diagnosed to attend. All are welcome - ANYTIME!**

**Kristy is a licensed counselor certified in trauma treatment by the International Association of Trauma Professionals**

**This group will be \$40 per session, contact Kristy if financial consideration is needed.  
[www.cccgeorgia.org](http://www.cccgeorgia.org)**