



STAIR Group for Women Veterans

(Skills Training in Affective and Interpersonal Regulation)

STAIR is a 12-week skills-based group designed for individuals who have experienced trauma. Participants in STAIR group will learn and practice skills including:

- **How to become more comfortable with all of your emotions**
- **Positive, healthy, coping skills for distressing feelings**
- **How to identify unhealthy relationship patterns**
- **Skills to build healthier relationships**

**Monday afternoons beginning February 27, 2017
4:00 – 5:30 p.m.
1645 W. Jackson Blvd. Suite 602
Chicago IL, 60612**

For more information or to sign up, contact:
Ashton Lofgreen (312) 942-2904

