



Center for Trauma Care & Healing

**A specialized mental healthcare clinic
for prevention, healing & intervention
for future, past or immediate trauma.**

20-30%
*of people exposed
to trauma may go
on to develop Post-
Traumatic Stress
Disorder (PTSD)*

National Institute of Mental Health (NIMH)

What types of trauma does the Center help with?

Physical

- Acute Injury
- Chronic Pain
- Chronic/Terminal illness
- Medical Trauma
- Sexual Assault / Exploitation

Physiological

- Emotional Abuse
- Neglect
- Witness to Violence
- Vicarious Trauma
- Sexual Assault / Exploitation

Developmental

- Childhood Trauma
- Intergenerational Trauma
- Historical Trauma & Past Events

Relational

- Domestic Violence
- Abandonment or Separation
- Traumatic Grief

Environmental

- Natural Disasters
- Loss of Home
- Community Violence
- Cultural Trauma
- Institutional Trauma

What We Help

How We Help

Who We Help

Preparation

We specialize in providing dedicated support for individuals at higher risk of experiencing trauma or elevated burnout. Our services are designed to bring compassionate care, resilience-building resources, and effective therapeutic solutions to those who may need it most.

- Providing community and client education
- Individual & group therapy
- Delivering organization-level screening or informational talks

- Parents/Caregivers
- Law Enforcement & Emergency Responders
- Healthcare Workers
- Educators & EC Providers

Healing

We provide compassionate, expert support to help individuals heal from past traumas. Our services focus on empowering you to process and release painful experiences, fostering resilience, and guiding you toward a renewed sense of peace and well-being.

- Specialized trauma assessment & diagnostics
- Individual treatment plans
- Trauma-informed Individual therapy
- Process-oriented & skill-based Group therapy

- Victims of Interpersonal violence
- Sufferers of Grief & Loss
- Divorce or Family Separation Impacted
- Witnesses of Violence
- Victims of abuse or assault

Intervention

We provide immediate, supportive care for individuals in crisis, offering a safe space to navigate intense emotions and challenging situations. Our team is here to help you regain stability, find relief, and guide you through steps toward resilience and recovery.

- Risk & safety assessment
- Specialized trauma assessment and diagnostics
- Individual treatment plans
- Priority access to Trauma-informed Individual Therapy
- Intensive Group Therapy
- Case Management

- New life-altering diagnosis
- Current abusive behavior
- Dramatic and sudden change in living conditions
- Recent traumatic loss
- Adjusting to daily life after a traumatic experience