



Resiliency and Healing After Gun Violence: Virtual Support Group

This virtual support group is available to anyone who has experienced trauma from gun violence, or the death of a loved one due to gun violence. The goal of the group is to help members cope with challenges due to their experience and provide them with support and resiliency building tools.

This group will:

- Provide a safe and supportive environment for survivors of gun violence to come together
- Provide encouragement in developing coping techniques and incorporating self-care into daily life
- Promote resiliency building skills and support for individual healing

Virtual sessions will meet once a week for 8 weeks.

For more information contact Lisa Ryan at lmryan@pa.gov or by calling 800.563.6399

