

# CREATING SAFETY: COPING WITH THE FALLOUT OF TRAUMA

- Understand how trauma has impacted your thoughts, emotions, and actions.
- Build skills to cope with intense emotions and strengthen relationships.
- *Learn that you are not alone.*



**Group meets on Zoom | Day and Time TBD | Fall 2021**

Contact group leader for more information.

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**Student Affairs**  
Counseling and Psychological  
Services