

# Trauma, Recovery & Empowerment TREM Group



Have you experienced trauma?

Do you sometimes feel stuck and have difficulty managing day-to-day?

**Then TREM is the group for you!**

**Group meets  
Wednesday at  
1:00 pm starting  
June 7th**

Join us at the Cornell Scott-Hill Health Center  
Adult Psychiatric Clinic  
400 Columbus Avenue, New Haven, CT

For more information contact:  
Jaime Perry, LCSW 203-503-3295  
Grace Moskowitz, LMSW 203-503-3071



Cornell Scott  
Hill Health  
Center

[www.cornellscott.org](http://www.cornellscott.org) •   

**The TREM group will provide a safe and supportive environment for women to:**

- Develop skills to deal with current life problems which may be related to past trauma
- Understand how to set healthy limits in relationships and how to say "No"
- Understand what abuse is and how it may have affected you
- Develop confidence in yourself
- Have more control in your life