

More information or sign up?

Stichting Zelfhulp Netwerk Zuidoost-Brabant

Pastoriestraat 147

5612 EK Eindhoven

T : 040 - 211 83 28

E : info@zelfhulpnetwerk.nl

Stichting Zelfhulp Netwerk is werkzaam in onderstaande gemeenten:

Eindhoven Veldhoven

Helmond Laarbeek

Geldrop-Mierlo Asten

Best Someren

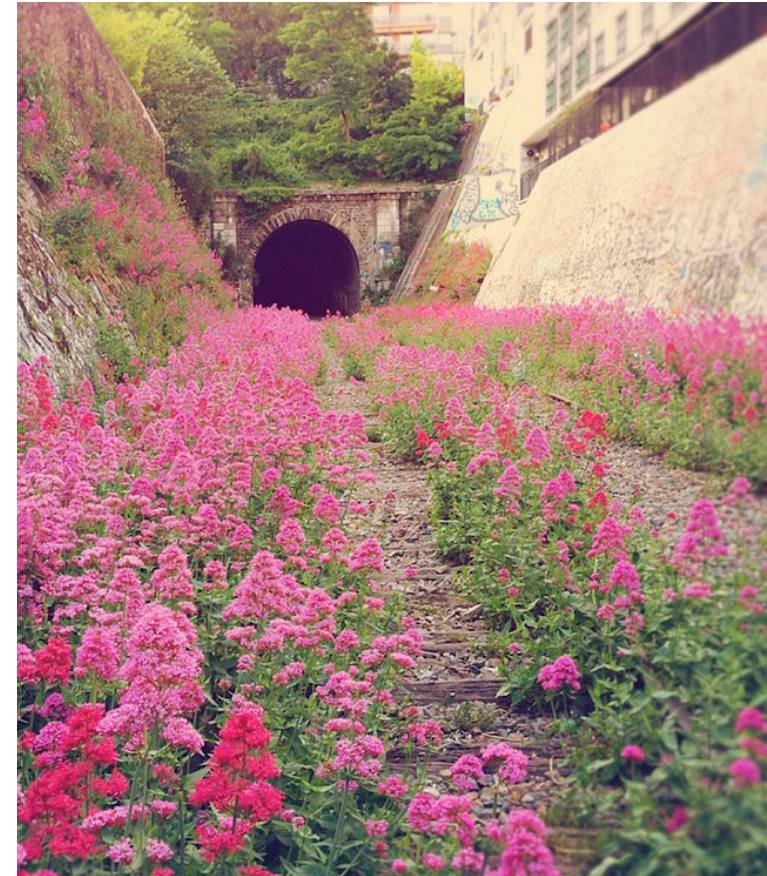
Deurne

*In bovengenoemde gemeenten is een afspraak op
locatie mogelijk.*

Participation is free

Coffee and tea are available for a small fee.

Acquisition in response to this flyer is not appreciated.



Self-help Group Childhood Trauma



Living with trauma

Childhood trauma is common. It's hard to make exact estimations because not everyone seeks help, and the numbers vary among regions and communities. Some data collected indicate that nearly half of the population has encountered at least one adverse childhood experience. What is abundantly clear is that people who have endured trauma during their early years face a great risk of lifelong struggles in terms of their psychological well-being, physical health, relationships, careers, financial stability, and more. Trying to lead a "normal" life while grappling with emotional outbursts, maladaptive coping mechanisms, and trust issues is an exceedingly difficult task we often expect from ourselves.

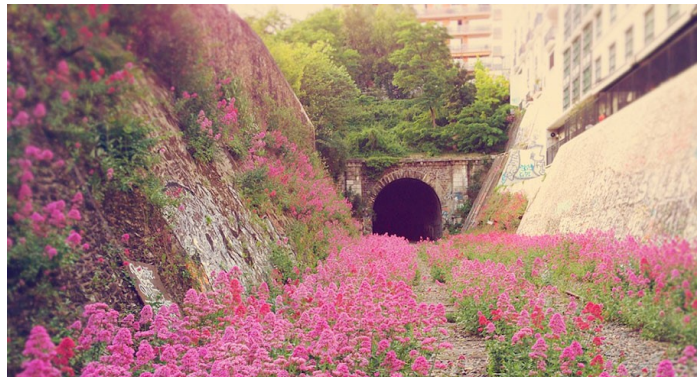


Why self-help group

There are well-established and evidence-based trauma therapies to help change our destructive patterns, there are medications to alleviate our symptoms and - if we are lucky - there are supportive families and friends, too.

However, self-help groups have something unique to offer; shared understanding, someone who's "been there", someone who are experiencing similar life difficulties, someone with whom it can be easier to discuss "it all"

Childhood Trauma 2024-02



What to expect

Our group meets once every two weeks in the afternoon, for an hour and a half. We talk about the things we want to talk, we listen when we choose not to share, and we respect each other because we understand how challenging it can be to come and speak about yourself.

More information

For the contact details of the group's contact persons or any other questions, please contact the "Zelfhulp Netwerk".