

# **RASASC NW STaR Programme**

## **Stabilisation, Trauma and Recovery**

a new programme delivered over 6- 8 weeks

### **Aims and objectives of the programme include:**

- Developing resilience
- Understanding ourselves in relationships.
- Exploring trauma including anxiety, flashbacks, guilt and shame.
- Developing mindfulness skills.
- Developing self-compassion skills.
- Developing grounding techniques to ease the symptoms of trauma

**For further information and/or to secure your place on this programme:  
call the office on 01248 670 628 or email [info@rasawales.org.uk](mailto:info@rasawales.org.uk)**

