



Finding Peace Within

A Skills Group for Trauma Survivors

Simple skills for calming the mind and body
after trauma

Group Information:

New group begins
September 17, 2026
through
November 19, 2026

Group meets
Thursdays
10:00-11:30 AM
via **ZOOM**

Cost:

Free for Alameda
County low-income
moms.

Sliding scale for others
based on ability to pay.
(\$80-\$10 per session)

You Are Not Alone

Trauma can affect our bodies and minds long after difficult experiences are over. Even when we are not thinking about the past, we may still feel stress, anger, sadness, inner turmoil, or numbness.

Healing is possible

Finding Peace Within is a 10-week skills group for mothers that teaches simple, practical tools to bring more **calm**, **balance**, and **ease** into daily life.

 Together we will practice ways to create more **peace**, **resilience**, and **strength** within ourselves.

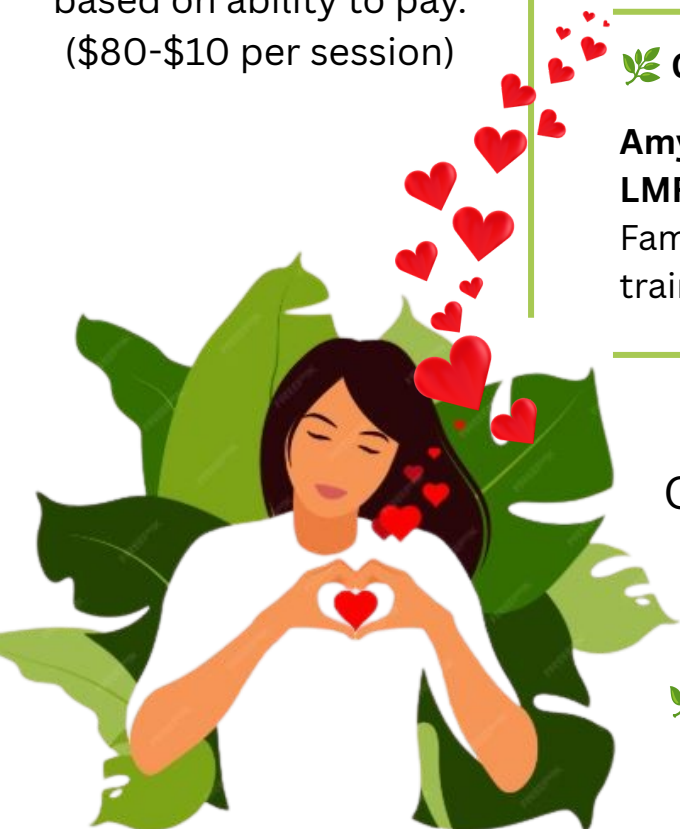
Group Facilitators

Amy Attiyeh , LMFT, Lic. #39504 and Phyllis Lorenz, LMFT, MFC, Lic. #38363 - Licensed Marriage and Family Therapists specializing in trauma treatment, trained in the **sensorimotor approach** to trauma.

Register Today

Call the Parenting Stress Helpline:
(800) 829-3777

 Taking one small step toward support can
make a big difference.





Dear Community Member,

Amy Attiyeh, MFT, LMFT, and Phyllis Lorenz, MFT, LMFT, are offering a skills group for women who have experienced overwhelming or traumatic events and continue to feel the effects of those experiences.

The goal of this group is to help women learn ways to quiet uncomfortable sensorimotor reactions to trauma, such as intrusive images, hyperarousal, constriction, and numbing, as well as emotional experiences like despair, irritability, inner turmoil, and difficulty thinking clearly. These sensations and feelings can often pull a person back into the body's "memory" of past overwhelm.

This group will provide conceptual understanding and practical tools to help participants gently separate themselves from trauma symptoms. Through guided practice, women can begin to cultivate a greater sense of safety within themselves and move toward living beyond the impact of past trauma.

The group is based on ***Becoming Safely Embodied***, a model developed by **Deirdre Fay**. Participants will learn and practice specific skills such as mindfulness, identifying triggers, and somatic resourcing while sharing the experience of learning with other women.

This is a skills-based group, not a process group. Participants will not be asked to share details of their trauma stories. Instead, the focus will be on learning tools that can be practiced in everyday life.

 **Schedule: Thursdays, 10:00–11:30 AM (on Zoom)**

 **Next group begins: September 17th through November 19th**

 **Length: 10 weeks**

The group is free for low-income mothers living in Alameda County. A sliding scale is available for others based on ability to pay (\$10–\$80 per session).

To learn more or register, women may contact the Parenting Stress Helpline at **800-829-3777**.

Sincerely,

Amy Attiyeh and Phyllis Lorenz
Marriage and Family Therapists

1727 Martin Luther King Jr. Way, Suite 9 Oakland, California 94612

HELPLINE: 1 (800) 829-3777

www.familypaths.org