

MANAGING REACTIONS to **TRAUMATIC STRESS**

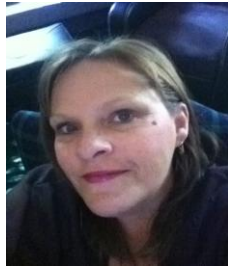
- Do you have severe panic attacks? Are you quick to anger and violent reactions?
- Do you feel disconnected and alone?
- Do you mistrust and feel betrayed?
- Are you depressed and do you feel overwhelming guilt, shame?
- Do you have difficulty sleeping or are you prone to night terrors?

Do you just feel like something is wrong and you don't know what it is?

If you want help to better manage how you feel and would like support from someone who will listen and understands without judgment then:

Help is available and **YES** there IS

HOPE!



Savannah JG, PHD, NTS, CHT
Neurotherapist/
Life Dynamics Coach



Margie J Wesley, DOM, LAc
Acupuncturist/
Doctor of Oriental Medicine

Free weekly workshop to educate you and significant others on the effects of post-traumatic stress disorder: the causes, the symptoms, and help in identifying the triggers. Following the workshop, there will be a clinic available providing various methods of treatment, as well as a support group.

BEGINNING Tues. February 22, 2011 at 6:30 PM

6074 East Brainerd Rd, Chattanooga, TN 37421

For more information, feel free to call:

Dr. Savannah (423) 903-4713 or Margie (423) 883-5462