

Support Groups for Families
of Murder Victims & Suicide

TAKE
TIME for
your
SELF

C.A.R.E.

FOR THE JOURNEY

10-week guided holistic healing for
those learning to live with Violent Death



C.A.R.E.
COMPASSIONATE
ADVOCACY
RESTORATIVE
EMPATHY

THE JOURNEY OFFERS:

- Trauma Informed Care
- Emotional First Aid
- Self-Care Techniques
- Breathing Exercises
- Art Therapy
- **FREE CARE!**

CALL TO REGISTER OR TO LEARN MORE
(951) 344-5537

MORE CONTACT INFO:
care4thejourney@gmail.com

Website: care4thejourney.com