

ADULT BURN SURVIVOR & SUPPORTER GROUPS



~ **Not all scars can be seen** ~

It's okay to ask for help. You are not alone.

Go from survivor to thriver!



EXPERIENCED FACILITATOR

Participants, ages 25 and above, are provided a safe, supportive, and respectful environment where an experienced facilitator aids in the discussion of content issues relating to the burns and continued exploration of the unique challenges and perspectives of being a burn survivor.

LEARN VALUABLE SKILLS

Guest presenters and facilitators will be involved at various times to offer additional perspectives, conversation topics, healing strategies, etc. Furthermore, engagement in community-based events is considered as a way to advocate for and strengthen mastery of skills, leadership, independence, and fulfilling self-expression.

To sign up, contact:
Marc Osadchey, LMFT,
Group facilitator at
mbo.mft@gmail.com or
info@grossmanburnfoundation.org

BUILD CONFIDENCE

Topics during support groups will vary, depending on either what the participants want to freely discuss or set conversations regarding, but not limited to, self-esteem and confidence (including self-acceptance and self-worth).

VARIED TOPICS

Personal and public perceptions, social engagement, responses to various negative emotions and subsequent coping skills, sharing your story, communication of physical and psychological needs, problem-solving, and strategies for progress and success.

Support Group Meetings
are free
Join us Anytime!

Meetings 3 x per month

In person - West Hills Hospital x 1
Virtual Meetings x 2

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