



## Adult Trauma Recovery Group

MPB Group, Inc. offers a weekly group for adult trauma survivors. A safe environment to develop coping skills and gain support from others.

Meets Wednesdays @ 5:00

via Hybrid (Onsite & Teletherapy) Columbia Location

Email [group@mpbgroupinc.com](mailto:group@mpbgroupinc.com) (please specify interest in Adult Trauma Recovery Group)

Maryland Medicaid insurance accepted. Cash clients also accepted (Prepaid discounts available).