



Adult Trauma Recovery Group

The Trauma Recover Center (TRC) of MPB Group is offers a weekly group for adult trauma survivors. Topics to include – learn brain changing tips, look at the science of PTSD, and tools to help move therapy forward.

This is an open group so please join when you are ready.

Meets Virtual on Wednesdays @ 5:00

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

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