



# ARE YOU A TRAUMA SURVIVOR?

## STAIR CAN HELP

**S**kills **T**raining in **A**ffective & **I**nterpersonal **R**egulation (**STAIR**) is for people who have had acute traumatic stressors including **childhood abuse**, **physical assault**, **sexual trauma**, and **combat**.

STAIR focuses on helping improve emotion management skills as well as social and interpersonal skills.

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**STAIR** meets for five sessions over Zoom. A Certificate of Completion is available for those who attend all five groups.

For more information, contact Idony Lisle:

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**STARTING JUNE 16, 2022**

**THURSDAYS 10:00–10:50**

[HTTPS://BOSTONMEDICALCENTER.ZOOM.US/  
J/5468153050](https://bostonmedicalcenter.zoom.us/j/5468153050)