

# Stress Reduction Groups for Flood Distress

*After a natural disaster it's normal to feel the impacts of stress like difficulty sleeping, intrusive images, dread, anxiety, future fears, and connections to past traumas.*

*5 in-person and online sessions are being offered to help reduce distress, increase resilience, stability and coping.*

*Each participant will attend to their personal needs using a bilateral processing technique - without any talking.*

*This method is research proven to be helpful for anyone affected by loss, damage and survival, including first responders, road crews, human service and health providers. Affected parents are encouraged to attend to better support their kids.*



- ✓ FREE 1-Hour Sessions
- ✓ Attend one or more sessions.
- ✓ Please sign-up in advance through the QR code or at link: <https://sites.google.com/view/brief-acute-stress-reduction?usp=sharing>
- ✓ Participants must be over the age of 18.



## Dates and Locations:

- Barnet School, 163 Kid Row Barnet - Saturday September 21<sup>st</sup> - 11am-12pm
- St. Johnsbury School, 257 Western Ave St Johnsbury - Saturday September 28<sup>th</sup> - 3:30-4:30pm
- Lyndon Town School, 2591 Lily Pond Rd Lyndonville - Saturday October 5<sup>th</sup> - 10:30-11:30am
- Virtual - Wednesday October 9<sup>th</sup> - 12pm-1pm
- Virtual - Tuesday October 15<sup>th</sup> - 6pm-7pm

If you are unable to sign-up online please call the number below –  
leave your name, phone number and which sessions you want to register for.  
Sara Demetry, MSW, LICSW at 802-274-6400 Certified in Internal Family Systems and EMDR

Brought to you by NEK Prosper MH CANs <https://nekprosper.org/outcomes/mentally-healthy/mh-can-resources-and-notes/>

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