



LONE STAR CHURCH

TYLER, TEXAS

PTSD is not about what is wrong with you.
PTSD is about what happened to you.

WARRIOR PEER GROUP

Thursdays at 11:00 am
604 W. 4th St.
Tyler, TX 75701

WARRIOR: A person who fights battles and is known for having courage & skill.



U.S. AIR FORCE



A safe place to openly discuss the realities of what you've seen from serving on the front lines.

For more info: lonestarchurchtyler.org or (903) 593-3143



Healing our Hearts

When someone you love has Post Traumatic Stress Disorder or PTSD, it affects you and your family. Spouses and significant others spend time and energy helping their loved one cope. Even if your partner, family member or friend with PTSD is getting treatment, you may still feel exhausted, stressed or frustrated.

You need support at the same time you are giving support.

That's why ETMC Behavioral Health Center has started the Healing our Hearts support program. This group meets the first Wednesday of each month. Our goal is to help spouses and others better understand PTSD and how to best support their relationship with their loved one.

Healing our Hearts First meeting: Wednesday, Aug. 2

11:30 a.m.

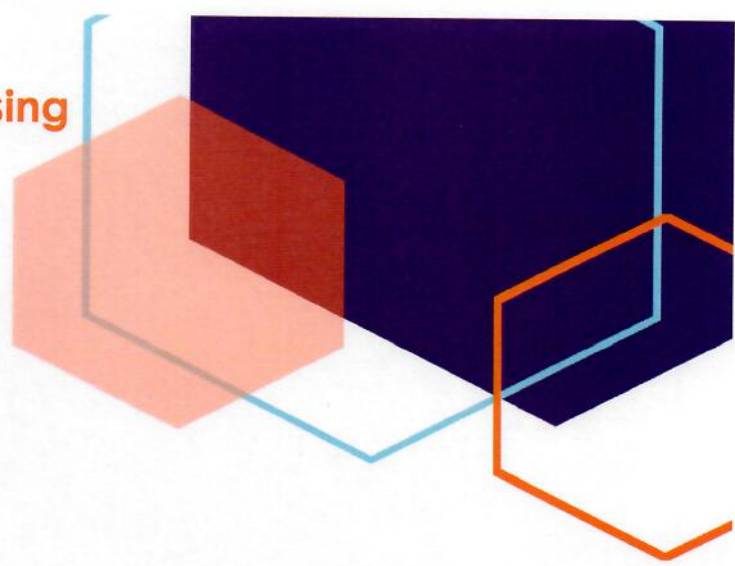
Lone Star Church
604 W. Fourth St., Tyler



Healing our Hearts is part of ETMC Behavioral Health's Healing our Heroes community outreach, which provides support and treatment for law enforcement, fire, EMS and military personnel with PTSD.

East Texas Medical Center
Regional Healthcare System

TRE™ Tension and Trauma Releasing Exercises



What is TRE? TRE is a simple technique to release stress or tension from the body that accumulates from everyday circumstances of life, difficult situations, immediate or prolonged stressful situations, or traumatic life experiences.

Using six yoga-like exercises, TRE helps to release deep tension from the body by evoking self-controlled muscular shaking. The process is unique in that this shaking originates deep in the core of the body, with gentle tremors that reverberate outward along the spine, releasing tension from the sacrum to the spine.

TRE is reported to assist in the following: releasing deep tension and chronic pain, decreasing anxiety symptoms, improving resilience, and greater energy and stamina from more restful sleep.

Note: Closest available TRE sessions are in Houston.

"We have the natural ability to let go of and resolve post traumatic reactions...it is genetically encoded in us."

Dr. David Berceci

Facilitator: Susan Oxford, LMSW, LCDC,
TRE™ Certified Practitioner

Small Group Sessions (6 max). Ind. sessions available upon request.

When: Tuesdays, 11:00a.m.-12:00p.m.

Where: McBride Counseling Solutions located at Lonestar Warrior Church 604 W. Fourth Street Tyler, TX (903) 231-3620

Cost: \$15 per Class. **1st session free for First Responders and Veterans!!**

Clothing: Loose and Comfortable



Class size is limited. Must email susanoxfordlmsw@outlook.com or text number above to confirm your space.