



We are here to help.

Women's Trauma

Intensive Outpatient Program (IOP)

Women's Trauma IOP aims to provide an intensive therapeutic setting which fosters an environment built on safety and healing, helping women to heal from traumatic experiences. The goal is for women to build their resilience and become empowered, as they focus on building new skills allowing members to make meaningful strides toward integrating their trauma into a new, empowered life narrative.

IOP Goals:

- Understand trauma and abuse
- Establish healthy boundaries and increase assertive communication skills
- Build self-esteem and promote personal growth, resilience and transformation
- Develop distress tolerance and mindfulness skills
- Implement safe coping strategies and cultivate mind-body connections
- Enhance emotional regulation and foster healthy relationships.



Tuesdays, Thursdays & Fridays

1:00 pm - 4:00 pm

Valley Clinic

435 East Main Street

Ansonia, CT

Call **(203) 800-7177** or visit **BHcare.org** to learn more.