



Women's Trauma IOP

About the Program:

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.

Program 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

IOP Details

Meets: Mondays,
Wednesdays & Fridays

Time:
1 PM - 4 PM

Location:
435 East Main St.
Ansonia, CT

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



Scan to learn more about our IOP Programs
435 East Main St. Ansonia, CT