



Post 2 3606 Hickory Ave 21211

PTSD / TBI SUPPORT GROUP for Veterans and Their Families



2nd Tuesday of each Month 6:30pm – 8:00pm

Sharing your story with others may help you feel more comfortable talking about your trauma. Or it may help to listen to other people talk about their experiences.

You can learn to deal with emotions such as anger, shame, guilt, and fear if you open up to others who understand.

You can work together with others to get better at talking about our PTSD or TBI learning how to ask for help when you need it.

This group is not therapy or a replacement for therapy or any type of medical or mental health care.

Questions? Contact Tom Longest 443-677-2552