

POWER AND HEALING FOR WOMEN

TRAUMA RECOVERY AND EMPOWERMENT MODEL (TREM)



WHAT IS TREM?

TREM is a program for women who have experienced trauma in their lives and desire to learn skills for coping and empowerment.

TREM teaches self-care, self-respect and compassion for yourself and others.

What have participants told us about their experiences in TREM?

“I’m learning how to live again, how to feel again.”

“I’ve had lots of counseling...I always felt like a piece of broken furniture - like I would always be broken, never fixed. This group taught me not to be victimized by my PTSD, my diagnoses. I’m a little broken, but it’s not so bad.”

“We were not categorized. Our coping skills were okay, not looked down on. If I need to lock my door ten times a night, that’s okay. There was total acceptance.”

“It was a chance to process and learn who we are. We laughed and cried a lot.”

“I learned about my own boundaries, how to take a stand without blowing it, to be secure enough to communicate my needs.”

**THE NEXT TREM GROUP WILL BEGIN: TBA Contact your case manager or Mariela Ingoglia at 503-688-2551 or mingoglia@ccoregon.org.
Catholic Charities (28th & SE Powell), Wednesdays from 1:30-3pm**

Limited transportation assistance is available upon request