



Trauma Talk Support Group

At UVA, we understand the many physical and emotional difficulties patients and family members face after a sudden serious injury.

We've partnered with the national Trauma Survivors Network to create Trauma Talk, a support group for patients treated in the UVA Trauma Unit of our hospital and their adult family members.

- Talk with others who have had serious injuries.
- Learn new ways to cope with everyday challenges.
- Receive support and give others hope.

**Third Saturday of the Month (Fourth Saturday in June, August and December)
1-2:30 p.m.**

University Hospital | Dining Conference Rooms (Near University Hospital Cafeteria)

Free parking in the Lee Street Garage;
bring your ticket from the garage with you for parking validation.

Questions? Email HUmcfJYghatTV5s@hscmail.mcc.virginia.edu.

