



# HURRICANE MENTAL HEALTH PREPAREDNESS

## Group



LOYOLA UNIVERSITY NEW ORLEANS

CENTER FOR COUNSELING & EDUCATION

Quality Mental Health Treatment & Training

Many people who lived through Katrina may still suffer from storm related stress and anxiety. Get the tools to manage your stress and anxiety during hurricane seasons.



- Build and enjoy community with other Katrina survivors.
- Share your story of resilience and survival and continue to rewrite your narrative.



- Learn about PTSD and anxiety after natural disasters, what it looks like and how it affects your body.
- Learn breathing and body exercises to cope with the physical symptoms of stress.



## Reserve Your Spot Today

When  
Wednesdays from  
7PM-8:30PM

Where  
 ZOOM

Call or Email  
 [lcce@loyno.edu](mailto:lcce@loyno.edu)  
504.864.7858

Fees  
\$10-\$30  
sliding scale  
No one turned away for  
lack of funds