



COMBAT READJUSTMENT GROUP

Community Counseling Center, a premier provider of mental health and family services, offers a specialized private group for returning Iraq and Afghanistan veterans. This group is run *for veterans, by veterans.*

This group meets once a week for 10 weeks and focuses on the experiences veterans have as they reenter a non-combat environment. Each meeting will focus on:

- The many ways deployment stress impacts veterans and their families
- Traumatic combat incidents and healing from the traumatic memories
- Learning skills to reduce the thoughts, feelings, and images that interfere with daily living.

Referrals for this service can be made by calling Community Counseling Center at 207-874-1030.

Veterans and family members may contact group leaders directly with questions:

Scott Hutcherson, LCPC, a Vietnam War veteran,
207.874.1030, x335, shutcherson@commcc.org

Glenn Selwood, LCSW, a Gulf War veteran,
207.874.1030 x 230, gselwood@commcc.org