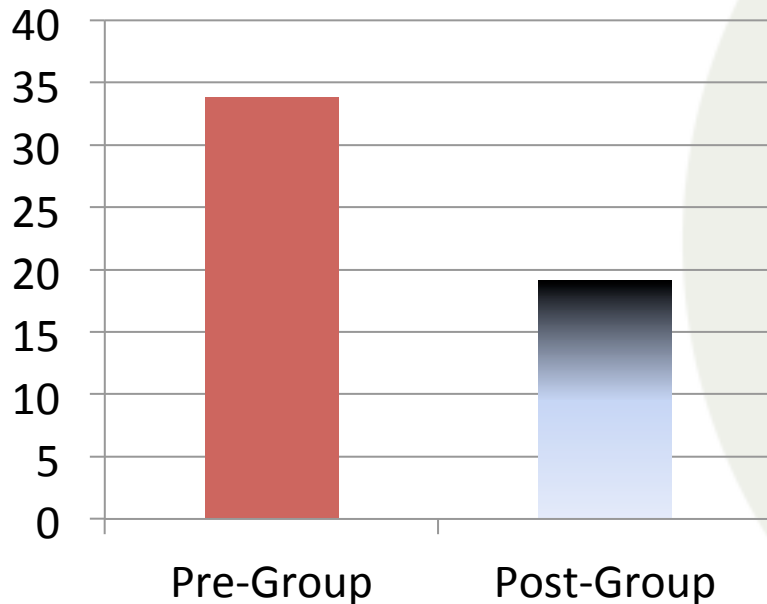


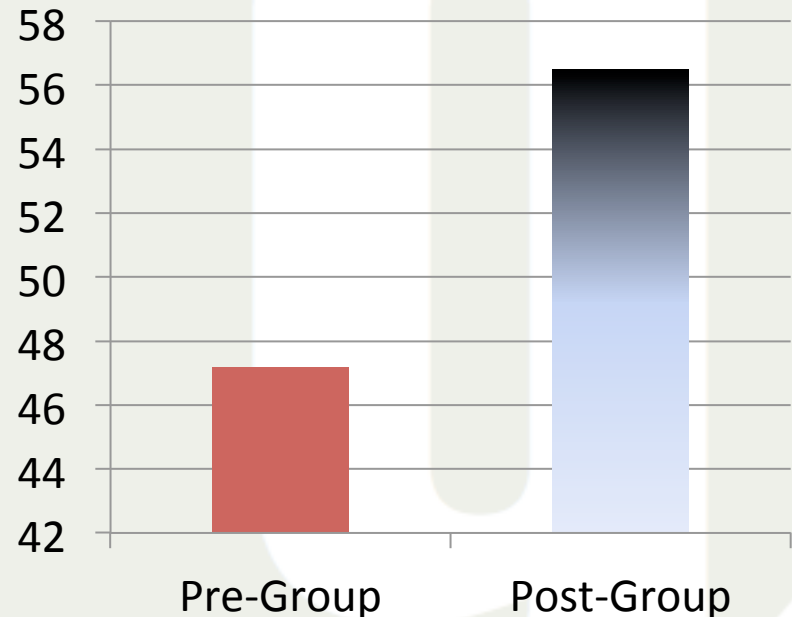
# *Living Grace Groups*

*peers living with mental health difficulties*

**Depression / Anxiety Score**



**Spiritual Growth Score**



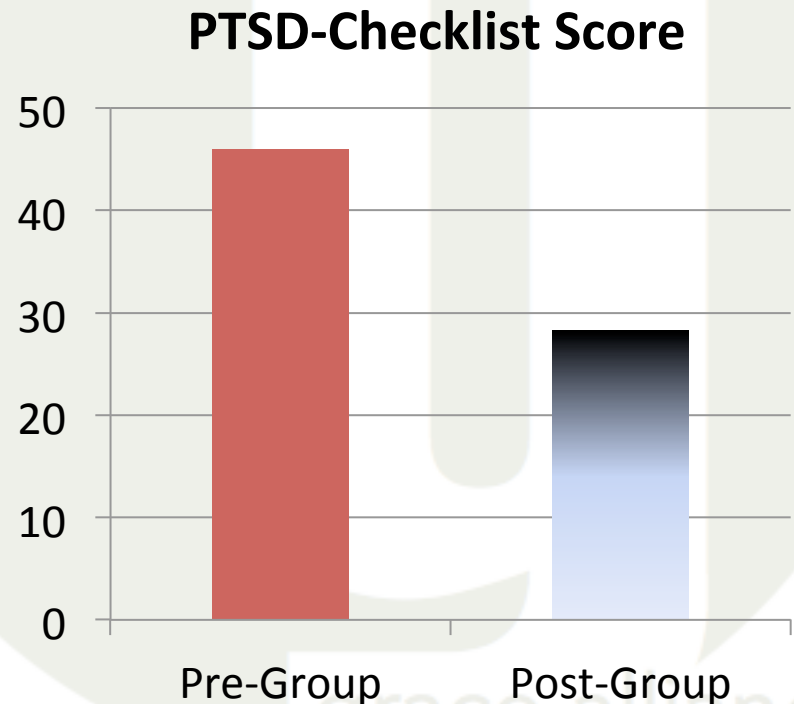
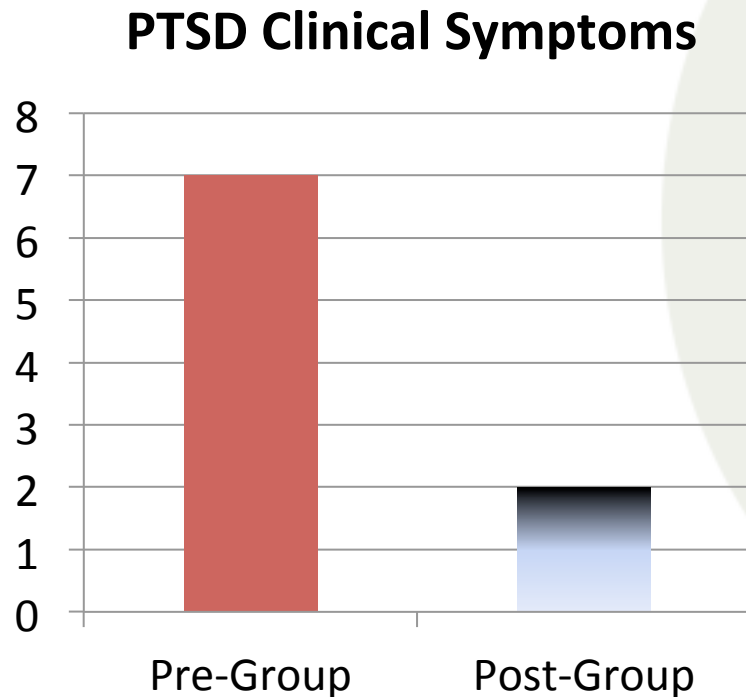
**How Beneficial Group is to Recovery 1 [not helpful] to 5 [very helpful]**

**Average score 4.13**

After 12 weeks of group participation, results reveal:  
Overall symptom reduction, increased mental health recovery, increased spirituality.

# *Living Hope Groups*

*for those exposed to trauma and/or PTSD (Libya Sample)*



Beginning of the group 58% of group participants met clinical criteria for PTSD. After completing 10 weeks of group participation, 0% met criteria for clinical PTSD.