

After the Flames: A Journey of Healing and Renewal

6-Week Employee Virtual Support Group

3:30-5:00 p.m. - support group

5:00- 5:30 p.m. - after care support available

Elizabeth Gonzalez- Jaskulak, LCSW

Elizabeth is an LA native with nearly 30 years of experience in trauma-focused mental health care. She has dedicated her career to mental health and serving underserved communities.



In addition to providing direct care and crisis training, she is a leader in trauma-informed care, developed a CBT depression manual and launched two DBT programs for Spanish-speaking clients, and specializes in helping individuals process trauma through specialized techniques.

Her therapeutic expertise includes EMDR, DBT, Sandtray, mindfulness, and ancestral healing. Committed to disaster relief, Elizabeth has supported recovery efforts during fires, floods, and the COVID-19 pandemic.


This 6-week group offers a compassionate space for healing, led by a trained facilitator specializing in trauma recovery. Empower yourself with new tools and a renewed sense of strength to continue making a positive impact in your school, family and community.



This 6-week group is designed to support educators and school employees impacted by the Los Angeles wildfires. Through a trauma-informed approach incorporating Eye Movement Desensitization and Reprocessing (EMDR) techniques and brain-based healing practices, participants will gain tools to process stress, regulate emotions, and build resilience within a supportive community of peers. Every group will include 30 minutes of after care support with the therapist, if needed.

Week 1 2/18/25	Getting Started and Finding Calm
Week 2 2/25/25	Calming Techniques for Stress Relief
Week 3 3/4/25	Understanding Stress Reactions
Week 4 3/11/25	Building Inner Strength and Resilience
Week 5 3/18/25	Managing Stress and Finding Balance
Week 6 3/25/25	Bringing It All Together and Moving Forward

 [**Register Here**](#)

 562-922-6683

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