

Managing PTSD & Incontinence



Speak to a
Therapist



Wear
Incontinence
Products



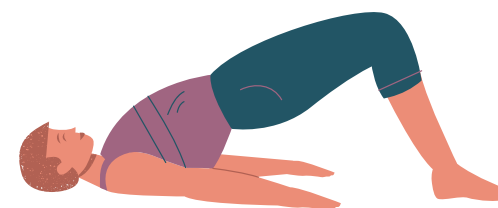
Find
Support



Learn Relaxation
Techniques



Visit Your
Healthcare
Provider



Do Pelvic
Floor
Exercises