



## BEYOND TRAUMA

### *Free Virtual Workshops and Support Groups*

Trauma is an emotional and physical response to a terrible event that is too much for our usual coping skills to handle.

Trauma has lasting impacts on the mind, emotions, and body. It is possible to heal from trauma with time and with the right support, skills, and tools.

Join the Center for Healthier Communities for monthly workshops and support groups created for women who have experienced trauma.

#### **In these workshops you can:**

- Learn how trauma shows up in the lives of those affected
- Learn resiliency skills for dealing with effects of trauma
- Find Social Support
- Practice mindfulness, grounding techniques, and other coping skills

**Dignity Health  
Northridge Hospital**

**Free Monthly Virtual  
Workshops and  
Support Groups via  
the Zoom Platform**

**Thursday  
October 22, 2020  
5:00 PM-6:00 PM  
(English)**

**Thursday  
November 19, 2020  
5:00 PM-6:00 PM  
(English)**

**Thursday  
December 17, 2020  
5:00 PM-6:00 PM  
(English)**

**For More Information, Please  
Contact Clinical Social  
Worker: Teresa Hernandez**

**Call 818-718-5901**

**Or send an email to:**

**Teresa.Hernandez3@Dignity  
Health.org**