

After the wildfires: EMERGING STRONGER TOGETHER

FREE Disaster Resiliency Training

THURSDAY, November 9 @ 5:30 pm



Featuring: Dr. Robert Macy
International Trauma Center

Brought to you by a coalition of non-profit partners:

What this event is:

- Learn hands-on skills to help you and your family alleviate the stress from the trauma of the recent wildfires
- Learn how to support and increase your resiliency during and after natural disasters
- Learn how to regain and protect your sleep and increase your social connections, which are some of the most powerful antidotes to psychological trauma
- Learn how to practice concrete life skills to reduce anxiety, depression and hostility from disaster response and recovery experts
- Gather in community to heal with people who care

When

Thursday, November 9, 2017 5:30 – 7:30 pm

Dinner will be served. Free childcare will be provided.

Se habla español: English/Spanish translation

This is FREE event for the community.

Where

Altimira Middle School Multi-Purpose Room

17805 Arnold Drive

Sonoma, CA 95476

Healing in action

We welcome you all to attend this community learning and connection session. You can participate at whatever level is most comfortable for you. You will learn how to create and practice a self-care plan in the face of psychological and emotional trauma, how your body reacts to stress, skills you can use to stabilize your nervous systems and how you can use these skills in your family and your community. Everyone is welcome!

For more information or questions, contact:

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