

JOIN US ON INAUGURATION DAY FOR

JOURNEY OF HOPE

A COMMUNITY FORUM ON LIVING MENTALLY WELL



6-8PM
FRIDAY
JAN. 20TH

New Life Community Church
990 James Way, Pismo Beach

Trauma is recognized as having a significant impact on mental health. Join us to learn more about how we can all be a part of healing our community.



Featuring keynote:

Gabriella Grant

Director of the California Center of Excellence for Trauma Informed Care

Trauma Informed Care

Concept of Trauma: Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Trauma-Informed Approach: A program, organization, or system that is trauma-informed realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization.

This event is FREE and reservations are not required.
Visit www.t-mha.org or call (805) 540-6510 for more info.

JOURNEY OF



Presented by Transitions-Mental Health Association