

REGISTER TODAY!

HEALING CONVERSATIONS:

ASSISTING FRIENDS & FAMILIES OF SURVIVORS OF TRAUMA

The first step in having a healing conversation with a friend or loved one who has experienced any kind of trauma is to understand how the trauma has impacted the brain and nervous system. R1:99 will be offering a short workshop to help you unpack the complexity of trauma and how to relate to your friend/loved one in a healthy and supportive way. In this workshop, you will learn about:

- 1. The neurobiology of trauma**
- 2. Why trauma controls lives**
- 3. How trauma lives inside the brain**
- 4. Hormonal responses of trauma**
- 5. Protective responses in the face of trauma (fight, flight, or freeze)**
- 6. The healing capacity of integration (specific ways to heal)**
- 7. Epigenetics: how genes get turned off and on with trauma**

This is an interactive workshop. This means that learning will take place in small groups that will give you time to process and share your own experiences with your friends and family if you choose to do so.

WHO SHOULD ATTEND? Friends & family of: military, sexual trauma, eating disorders, addictions, domestic violence, upscale domestic violence, bullying, general trauma



RESTORATION
ONE NINETY-NINE



CAPITAL
BAPTIST
CHURCH



Capital Baptist Church
3504 Gallows Road
Annandale, VA



\$25 to
Participate
(\$35 at the Door)



Saturday,
October 27



9:30 AM -
12:00 PM

TO REGISTER & LEARN MORE, VISIT:



www.goo.gl/EoS7q4