



Trauma 101:

A Brief Look into the Impact of Trauma on Individuals and Organizations

Please join us for an interactive introduction to trauma workshop with Don Lynch. With so much going on in the world, we are impacted by the effects of trauma on a daily basis without necessarily realizing it.

- Learn why a trauma-informed perspective can help improve interpersonal interactions and the culture of organizations.
- Learn why we should be asking “what’s happened to you” instead of “what’s wrong with you.”

Don will give an important overview of trauma and its effects on individuals, family systems and organizations. He will touch on vicarious trauma and how to protect ourselves from trauma exposure through self-care. Don’t miss this opportunity to learn an important and underutilized perspective!

RSVP to Silas Walsh at silas.walsh@maine.edu or 207-262-7919 by January 23rd.



Don Lynch is a Navigator with the Penquis Regional Linking Project at Families And Children Together. Don assists families who live in Penobscot or Piscataquis Counties who are pregnant or raising children who have been affected by substance abuse. Don links families to existing services and resources, identifies and reduces barriers to accessing resources, and provides prenatal and parenting education.

When:

Thursday, January 26, 2017
10am to 12pm

Rain date: Monday, January 30, 2017 from 10am to 12pm

Where:

Gardiner Public Library
152 Water St, Gardiner, ME



community**experience**
PARTNERSHIP