

***HURTING PEOPLE,
HURT PEOPLE.
LET'S HEAL TOGETHER***

***HURT, HEALING,
& HOPE***

**Tuesday, April 19, 2022
6:00-7:00 p.m.
Virtual Parent
Workshop**



Join us as featured guest speaker, certified traumatologist and mental health specialist, Dr. Da'Mond Holt shares with us the following:

- What is Trauma?
- Types of Trauma
- Bullying can be Traumatizing (Social & Emotional Effects)
- Signs of Bullying (Things parents should look for)
- Trauma's Impact on the Brain, Nervous System, and Memory
- "R" Factors of Healing
- Resilience & Hope



Join us virtually using the following link:

<https://bit.ly/HurtHealingandHopeEnglish>

<https://bit.ly/HurtHealingandHopeSpanish>