



Intergenerational Community Workshop Series Exploring Trauma

- Session 1: **Resiliency film screening and discussion:** a new documentary that looks at how toxic stress can impact the child's brain and body putting them at greater risk for disease, homelessness, prison, and early death. Followed by a discussion to further explore adverse childhood experiences.
- Session 2: **Understanding Intergenerational Trauma:** exploring how unresolved emotions and thoughts about a traumatic event can negatively impact families by creating a repeated pattern of behaviors.
- Session 3: **Trauma-Sensitive Vision for Our Community:** a facilitated community discussion around trauma within our community, understanding the challenges facing our community, and brainstorming solutions for change.

Session 1: June 11, 2019

Session 2: June 18, 2019

Session 3: June 25, 2019

6:00 PM – 8:00 PM

Pianes Restaurant

421 East St.

Hollister, CA 95023

Free Dinner and Translation Services Available
Kids over 12 welcome if parents deem appropriate

This workshop will be facilitated by

