

# JULY 28, 2016 TRAUMA INFORMED CARE FOR ALL

Please RSVP @ <http://BeTraumaInformed.eventbrite.com>



**"Trauma affects everyone"**

Trauma-Informed Care is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and

emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.



Recovery Communities of North Carolina is a 501(C)(3) not-for-profit, and our mission is to promote addiction recovery, wellness, and citizenship through advocacy, education, and support.

*"When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone." - Fred Rogers*

LEARN ABOUT SELF-CARE, BOUNDARIES, EMOTIONAL SAFETY, AND TRIGGERS

UNDERSTAND HOW TRAUMA AFFECTS BRAIN DEVELOPMENT

FREE COFFEE, SNACKS, & 3 CEU'S FOR CPSS

**PRESENTERS:**

JENNIFER TISDALE, MSW, MPH  
ASHLEY ALVORD, MPH

## RECOVERY COMMUNITIES OF NORTH CAROLINA

5245 Capital Blvd.  
Raleigh, NC 27616  
919-231-0248

[www.rcnc.org](http://www.rcnc.org)

July 28, 2016

9 am – 12 pm