



Processing Trauma, Practicing Healing – A Workshop

Saturday, February 6th from 9am to 3pm

FREE to the COA community - Sliding fee scale for the general public - \$45-\$75

Trauma is part of the human experience. Traumatic experiences can happen in a moment or build over time. These events can be distressing and often overwhelm our ability to cope.

Join us for a workshop, which further explores how trauma is expressed and ways to work towards healing using art, writing and mindfulness practices.

- Participants will leave the workshop with enhanced understanding, tools, and resources related to trauma. Lunch and snacks provided.
- Participants are encouraged to dress comfortably and bring a blanket and/or yoga mat if desired.

**THE
COUNSELING
COLLABORATIVE**



Facilitated by:

Milja Brecher-DeMuro, LCSW
Dawn Nuding, LCPC, ATR
Tara McKernan, LCPC-C

Space is Limited

Advanced registration required

Register on line by going to WWW.COA.EDU

Click on Calendar and search for:

Processing Trauma, Practicing Healing event on Feb. 6th

For more information contact

The Counseling Collaborative at (207)288-3388