

TraumaTALKS



*An Introspective Look
at Trauma and
the Need for Self-Care*

FREE TRAINING EVENT

FRIDAY, SEPTEMBER 8, 10AM – 12PM

McGovern Theater, The Health Museum, 1515 Hermann Dr. Houston, TX 77004

Many of us may not recognize the trauma wired in our own body and brain until it gets activated. If we are to help children heal, we must also examine our own history—both our personal traumas and secondary traumas we have absorbed.

In this **FREE** two-hour training, you will **discover how trauma may be preventing you from being fully available for others, identify multiple ways to complete the stress response cycle, learn healthy tools to manage your thinking and emotions, and create your own self-care plan to help stay on-track.**

This Professional Development Activity is approved by Texas Psychological Association (TPA): Two hours of Professional Development credits available.



DR. ANN FRIEDMAN

Psychologist and Director of Curriculum at The Jung Center's Mind Body Spirit Institute



SHAWN ALEX NEMETH

Trauma Survivor and Founding Director & CEO of Chester Street Foundation

Sponsored by



Questions? Contact us at:
info@chesterstreetfoundation.org

GET SELF-CARE TRAINING

REGISTER NOW! Limited Seating Available

ChesterStreetFoundation.org/FreeEvent



The mission of Chester Street Foundation is to shine a light on the invisible wounds of childhood trauma so that children receive the treatment they deserve.