



## When does it begin?

This 4-week workshop will be held virtually on Thursdays, November 7th - November 28th, from 10 am - 12 pm.



## How do I sign up?

You can contact Community Counselling and Resource Centre at (705) 743-2272 ext. 308 to register or for more information.

Referrals from community agencies and self-referrals are accepted.



## How to reach us:

540 George St. N  
Peterborough, ON  
K9H 3S2  
(705) 743-2272 ext. 308  
ccrc@ccrc-ptbo.com  
www.ccrcc-ptbo.com



# Trauma

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This workshop is for adults who are experiencing stress connected to traumatic life events.





## What is it?

This is a workshop for adults who are struggling with managing their stress after experiencing trauma.

It is an educational workshop that will help to understand why they are feeling stress, and provide ways to manage the emotional responses when feeling triggered.



## Who can attend?

This workshop is for adults who have experienced trauma and are hoping to find healthy coping mechanisms. New and existing clients of CCRC are welcome.

## Topics Covered

- How trauma affects interpersonal relationships
- What is PTSD and C-PTSD
- Ways to manage stress and regulate your nervous system
- The biology behind feeling “triggered”
- Healthy coping mechanisms

