



## *Trauma Echoes: Surviving and Thriving*

### **Presented by Michelle Sideroff, LPC**

Have you experienced traumatic events or any incident that has left a lasting mark? Are you having a hard time doing things like you used to, trusting people, mood changes, fearful, more anxiety? Do you need help understanding what is happening with your mind and body? Want to explore ways to cope with the trauma?

Come for a support session from a knowledgeable trauma therapist to learn about how trauma impacts the brain and body. Plus, explore tools to help bring more thriving.



### **The Northwest Catholic Counseling Center**

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8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

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

### **When:**

**Saturday, March 14<sup>th</sup>, 2020**

*10am – 12pm*

### **Where:**

**The Northwest Catholic  
Counseling Center**

*8383 NE Sandy Blvd. Ste 205*

*Portland, OR 97220*

**Cost: \$30\***

### **Register Online:**

[nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

**Or Call:** (503)253-0964

*Pre-registration required. Workshop fee must be paid at time of registration.*

*\*Hardship scholarships available upon request*