



Trauma Echoes: Surviving and Thriving Virtual Workshop

Presented by Michelle Sideroff, LPC

Have you experienced traumatic events or any incidents that have left lasting marks? Has the stress and impact of the Coronavirus Pandemic felt traumatizing?

Trauma manifests in many ways including: fatigue, fear, mood changes, anxiety, and trouble with focus.

Come for a support session from a knowledgeable trauma therapist to learn about how trauma impacts the brain and body, and explore tools to help you not only cope, but thrive.



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

When:

Saturday, May 16th, 2020

10:00 AM- 11:00 AM Surviving

11:00 AM – 11:15 AM BREAK

11:15 AM – 12:15 PM Thriving

12:15 PM – 12:30 PM Closure and Questions

How:

Email with links and access will be sent day of workshop

Cost: \$30* per household

Register Online:

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*