



## *Trauma Echoes 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

*Serving all regardless of faith or finances*

*A State Certified Counseling Agency*

*Donations are tax-deductible. Tax ID 93-1088962*

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

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

*When:*

Wednesday, May 12<sup>th</sup>, 2021

6:00 PM - 8:00 PM PT

*Virtual Zoom Session:*

Email with links for access will be sent the day of the workshop.

*Register:*

Online

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

Or Call (503)253-0964

*Cost:*

\$30 per household

*Hardship scholarships available upon request*

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

*Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.*



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