

FOR ADULTS CURIOUS ABOUT HOW TRAUMATIC EXPERIENCES IN THEIR CHILDHOOD MAY STILL BE AFFECTING THEM.

NO COST FOR THOSE IN-AREA

HOW TRAUMA IN CHILDHOOD CAN IMPACT ADULTHOOD

THURSDAY, 6PM-8PM
MARCH 12TH THRU APRIL 9TH

FIRST BAPTIST CHURCH - LINCOLN
(202 E. MAIN STR., LINCOLN)

&

FIRST PRESBYTERIAN CHURCH
(1600 W. CHISHOLM ST., ALPENA)

TAKE AWAYS

- RECOGNIZE THE IMPACT TRAUMA HAS HAD ON YOU
- BECOME EMPOWERED TO TAKE POSITIVE STEPS TOWARD HEALING
- DEVELOP A STRENGTH-BASED UNDERSTANDING OF YOUR LIFE STORY

REGISTER HERE BY 12PM ON 03/10



[HTTPS://TINYURL.COM/Y6PUHF5B](https://tinyurl.com/y6puhf5b)

FUNDING PROVIDED BY:



NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH AUTHORITY

***NO COST TO RESIDENTS OF ALCONA, ALPENA, MONTMORENCY, OR PRESQUE ISLE COUNTIES.**

(OUT OF AREA COST IS \$50)

HELPS OUR COMMUNITY RAISE CHILDREN WHO ARE SAFE, LOVED, AND RESILIENT; AND HELPS ADULTS INCREASE KNOWLEDGE AND SKILLS TO ADDRESS LIFE'S CHALLENGES.

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