

**FOR ADULTS CURIOUS  
ABOUT THE IMPACT OF  
THEIR OWN ADVERSE  
CHILDHOOD EXPERIENCES &  
OTHER TRAUMATIC EVENTS  
DURING CHILDHOOD ON  
THEIR ADULT LIVES .**

# HOW TRAUMA IN THE DEVELOPMENTAL YEARS CAN IMPACT ADULTHOOD

EACH TUESDAY  
**JULY 30TH TO AUGUST 27TH**  
**6PM-8PM**

## **BAY VIEW CENTER**

710 N 2ND AVE, ALPENA

## **WHAT YOU'LL LEARN**

- RECOGNIZE THE IMPACT TRAUMA HAS HAD ON YOU
- FEEL EMPOWERED TO TAKE POSITIVE STEPS TOWARDS HEALING
- UNDERSTAND AND MANAGE OVERWHELMING EMOTIONS
- UNDERSTAND AND MODIFY PROBLEMATIC PATTERNS OF BEHAVIOR
- DEVELOP A STRENGTH-BASED UNDERSTANDING OF YOUR LIFE STORY
- SEEK TRAUMA-FOCUSED ASSESSMENT AND TREATMENT, IF NEEDED
- TAKE CARE OF YOURSELF

**REGISTER HERE**



OR CONTACT US:  
PROGRAMS@NEMCPI.ORG  
(989)356-2880

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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