



EXPLORING POSTTRAUMATIC GROWTH

Free Training FOR CAREGIVERS OF VETERANS (Adult family members and staff working with veterans/families)

For those who support veterans (whether family members, caretakers, or service providers), we offer this Posttraumatic Growth workshop to create the possibility of a deeper understanding of trauma and the possibility of growth from trauma. The training explores Posttraumatic Growth - which is not focused on diagnoses and labeling, but instead is focused on how to empower people to move beyond difficult situations. This is appropriate for anyone who has experienced challenging and stressful events due to military service.

Why Attend?

- Understand about the possibility of transformation from trauma to growth.
- Learn about the research on Posttraumatic Growth.
- Discuss common helpful strategies that facilitate growth.
- Learn about developing a “Plan of Practice” regarding personal growth.
- Discuss what works and what doesn’t when dealing with trauma.
- Learn about self-care techniques.

Wednesday, March 28, 2018

Time: 9:00 am – 3:00 pm

Olympic College

ENG 117 (Rotunda)

1600 Chester Avenue

Bremerton, WA 98337

For information day of event, contact ENG 100 Veteran & Military Support Center
360-473-2821

Registration Options:

Call (360) 359-3752 or email cindyretcs@gmail.com

Online Registration: <https://ptgforcaregiversofveteransmarch28.eventbrite.com>

