

Understanding Trauma Workshop

Workshop objectives:

- To understand how the body and mind respond to trauma
- To develop awareness of how you experience symptoms of trauma
- To develop strategies to assist in emotional regulation

Some snacks will be provided!

Location: 31 Dalton Drive,
Maroochydore

WORKSHOPS ARE DELIVERED FREE OF CHARGE
FREE STREET PARKING AVAILABLE

PLEASE SEND REFERRALS TO
WOMENSSPACE@LAURELPLACE.COM.AU
OR CALL (07) 5443 4711
LIMITED SPACES AVAILABLE