

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

\$200 VALUE\*

# HOW TRAUMA IN CHILDHOOD CAN IMPACT ADULTHOOD

**TUESDAYS, 6PM-8PM**

**OCTOBER 8TH TO NOVEMBER 5TH**

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

&

**ATLANTA COMMUNITY SCHOOLS**  
(10500 CO RD 489)

## TAKE AWAYS

- RECOGNIZE THE IMPACT TRAUMA HAS HAD ON YOU
- BECOME EMPOWERED TO TAKE POSITIVE STEPS TOWARD 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)
- HOW TO 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.

[WWW.PARTNERSINPREVENTIONNEMI.ORG](http://WWW.PARTNERSINPREVENTIONNEMI.ORG)

