

Newcomers Access Center (NAC)

Serving Refugees and Immigrants in the Community



401 North Gibbs Street, Pomona, CA 91767 | 909-455-3248

www.newcomersaccesscenter.org

A nonprofit 501 (c)(3) organization



Trauma and Stress Workshop

TUESDAY, OCTOBER 13

2-4 pm

FREE via zoom - link below

2 hours that may make life a little easier.

Let us know you're coming:

administrator@newcomersaccesscenter.org

Are you stressed? Do you know someone who is stressed? COVID-19 brings stress and trauma to home, to work and to the neighborhood.

This workshop is for everyone: parents, grandparents, teenagers, teachers, volunteers, ministers, employees, community activists and you!

Learn *The Community Resiliency Model, a set of six wellness skills.*

Take them home to use right away!

Facilitator: Elaine Miller-Karas, MSW, founder of the Trauma Resource Institute, a nonprofit organization devoted to cultivating trauma-informed and resiliency-focused individuals and communities throughout the world.

Zoom Meeting ID: 963 1471 8188

Passcode: 090433

<https://ucla.zoom.us/j/96314718188?pwd=RnJEekg2TDArbElncjNSSnNoSWpLQT09>