

Self Care: Healing Racist Wounds



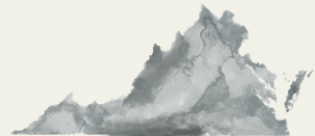
MAY 4 | 10:00 - 11:30 AM



Beyond the obvious effects of racism is an underlying reality — people affected by the stress of racism show signs of post-traumatic stress disorder. Join Trauma Informed Specialist Amanda Lynch for a workshop to learn about ways to cope and resources to help with self-healing.



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