

Transformation n' Trauma (T n' T)



Strength-Based Prevention Program for 16 to 20 year-olds Who Have Experienced Difficult Childhood Events

Did your parents past trauma experience effect how you were raised?

- Witness of domestic violence, residential school survivors, lived in foster care, or refugee

Join us! You will:

- Learn about the effects of experiencing difficult childhood events.
- Learn personal coping skills to deal with difficult emotions, behaviors and thoughts.
- Learn how to develop secure relationships.
- Learn about your strengths and improve self-confidence, self-esteem and self-worth.

Register: at Child and Youth Mental Health, 8978 School St, Chilliwack. 604-702-2311

Contact: Charlene Robinson, Intern & Co-facilitator @ Charlene.Robinson@gov.bc.ca
604-702-2311, or

Matt Herman, Intern & Co-facilitator @ Matt.Herman@gov.bc.ca 604-702-2311 or
Eryn Wicker, Clinician @ Eryn.Wicker@gov.bc.ca , 604-702-2311

Date: Every Tuesday starting November 17th, 2015 through to Tuesday March 1nd, 2016

Time: 6pm to 8pm **Food provided**