

PLEDGE OF SUPPORT TO SRQ STRONG

Between SRQ Strong

AND

_____ (PRINT NAME)

WHAT IS SRQ STRONG?

SRQ Strong is a growing group of Sarasota neighbors committed to learning about trauma and responding to its impact.

Our Mission: To promote community-wide trauma awareness through healing, education, action, and leadership.

Our Vision: To create a community that cares for itself.

WHAT IS TRAUMA AND RESILIENCE?

1. Trauma results from harmful events that have lasting negative effects on an individual's mind, body, and spirit. These events can lead people to feel hopeless and bad about themselves. Trauma not only affects individuals; it can also hurt entire neighborhoods.
2. Resilience is the ability to bounce back after a difficult event. Resilience often comes from finding a meaning in life, being with others, and learning how to manage difficult emotions.

HOW TO RESPOND TO TRAUMA?

3. Be present and listen to people.
4. Respond with kindness when someone talks about what has happened to them.
5. Recognize that people heal in different ways. Some people reach out to professionals for help. Other people seek help from others who have faced similar experiences or those they trust.

AS A SRQ STRONG PARTNER, I PLEDGE TO CONNECT, TRANSFORM, AND HEAL BY:

I commit to (check all that apply):

Treat others with kindness.

Learn about trauma and resilience.

Be present and listen to others.

Care for myself, family, friends, and neighbors.

Bring my own strengths and unique gifts to SRQ Strong.

Attend as many SRQ Strong open meetings as possible.

Joining the following working groups:

Healing

Education

Action

Other: _____

Community Member/Partner

Date