



Were you a victim of childhood trauma and abuse? Are you still living within the confines of the deep-rooted adverse effects of that trauma and abuse? If you answered yes, then this workshop can help you to become “Unstuck” and to understand that there is Life After Trauma.

This workshop provides a safe place for those who have experienced abuse or trauma in their childhood, to learn more about what the experience means and how it may have affected them both then and now.

Shelly Ann, a victim of extreme childhood trauma and abuse, is the workshop host. She shares her story of transitioning from survivor to thriver.

Participants will gain information which can help them build on their strengths, to understand their reactions and ways of coping, and identify strategies for positive change. Participants will also receive information about finding and engaging in good support, accessing helpful resources and self-care strategies.

By attending this workshop participants will:

- Learn how to create a personal safety plan.
- Understand childhood trauma and abuse, how common it is and how it often relates to current challenges in relationships, self-esteem, health, well-being and other life issues.
- Learn about their strengths, the ways they coped in childhood, the ways they may be coping now and explore possible changes in the future.
- Understand more about the brain, the biology of stress and triggers with tips on how to recognize and manage them better.
- Explore strategies to help manage their emotions.

This workshop is educational rather than therapy; it focuses on safety, self-care and support.

Shelly Ann is interested in bringing this program to your community. Please email her at shellyannproductions@gmail.com if you or someone you know would be interested in attending.