



Ladies, were you a victim of childhood trauma and abuse? Are you still living within the confines of the deep rooted adverse affects of that trauma and abuse? If you answered yes, then this workshop can help you to get “Unstuck” and to know that there is Life After Trauma.

This 20 hour educational workshop, delivered over 5 days, provides a safe place for women who have experienced abuse or trauma in their childhood, to learn more about what that 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 will share her story of transitioning from survivor to thriver.

Participants will gain the 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 good support, accessing helpful resources and self-care strategies.

By attending this workshop participants will:

- 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. If you are interested in booking this workshop to be delivered to women in your community, please email Shelly Ann or Cheyenna at weepingwilloweducation@gmail.com and provide your contact information and dates you are interested in. We will contact you within 24 hours.