

**NAMI Lake County Illinois  
General Education Meeting  
Wednesday, February 1 at 7:00 p.m.  
Join Zoom Meeting**

**What is trauma?**

**How to recognize it and when to get help?**

**What is therapy?**

**What is coping and why is it needed?**

**What is the stigma associated with stigma and what are the facts?**

**When is a higher level of care needed?**

**What to expect from therapy?**

**Why should you engage in therapy?**

**How to find a therapist?**

**Therapy vs Therapeutic what is the difference?**



**Presenter**

**Antonio Wheeler**

**Topic - What is trauma?**

**Mr. Wheeler, a Licensed Clinical Social Worker & Certified Alcohol & Drug Counselor, is a therapist facilitating the space for change and resilience for Black males.**

**His focus is to understand what has happened to you and empower individuals to reach self-actualization and sustain being anchored in wellness. On February 22nd 2022, he launched his private practice Anchored In Wellness Chicago that specializes in providing resilience focused therapy to black males. Representation matters, and black males are severely deprived of having representation when it comes to therapy. Anchored In Wellness mission is to provide the highest quality of resilience focused therapy.**