



## **COMMUNITY ENGAGEMENT** RE-ENGAGING THE **WHOLE** FAMILY

These workshops are created by Family members and Self-Advocates for Family members and Self-Advocates!

# Trauma and Uncertainty

**It is natural to feel overwhelmed during a crisis. This workshop will be led by Family Advisors who are trained in trauma and will lead you through the emotions to a plan**

- We will discuss how uncertainty can create feelings of fear in us and how fear takes on different forms such as anxiety, worry, and even panic.
- Participants will learn about the different types of safety and how to create a plan for emotional safety during a crisis.

**Monday, February 13, 2023**

10:00am - 12:00pm

AND

6:30pm- 8:30 pm

[pafamilynetwork.org/3H6X7YS](https://pafamilynetwork.org/3H6X7YS)

[pafamilynetwork.org/3HuY4vm](https://pafamilynetwork.org/3HuY4vm)



**Click Link Above or Scan QR Code to Register for the the Zoom Meeting**  
*-Free Workshop- Registration is Required-*

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Reasonable accommodations as identified under the ADA must be requested 2 weeks in advance.  
For more information: <https://www.visionforequality.org/programs/pa-family-network/> or 1 844 PAFAMILY

The PA Family Network is a program of Vision for Equality and funded through the Pa Office of Developmental Programs