

# BEYOND TRAUMA

## UPCOMING WORKSHOPS



### Workshop topics:

- Stress and anxiety
- Adverse Childhood Experiences (ACEs)
- Trauma and its effect
- Redirected Aggression
- Conflict Resolution
- Restorative Justice

### 01

Monday: Spanish virtual workshop  
5:00 pm – 8:00 pm

Starts: January 24, 2022  
Ends: March 14, 2022

### 02

Wednesday: English virtual workshop  
5:00 pm – 8:00 pm

Starts: January 12, 2022  
Ends: March 2, 2022

### 03

Thursday: In person, in Spanish  
Address: Adelante Mujeres  
2030 Main St. Suite A  
Forest Grove, OR 97116  
9:00 am – 1:00 pm

Starts: January 20, 2022  
Ends: March 10, 2022

Register here:



Contact us:



lhernandez@adelantemujeres.org



971-330-3297