

Secondary Trauma: Building Resilience in Times of High Stress

Thursday, October 24

10-11:30 AM

Fridley Civic Campus

7071 University Ave NE, Fridley, MN 55432

Participants will:

- Gain an understanding of what secondary trauma is
- An awareness of signs that may indicate someone is struggling with the impact of secondary trauma
- Knowledge about ways organizations and individuals can respond to someone who has experienced it
- Tools for building personal resiliency

Speaker



Dave Mathews is a licensed therapist and a Program Manager for People Incorporated's domestic abuse and anger management outpatient programs. He has experience helping people work through traumatic experiences & has trained professionals and community members on how to handle the effects of trauma. He holds a Doctorate of Psychology from the University of St. Thomas.

This event is free and open to the public