



**After the wildfires:
EMERGING STRONGER TOGETHER
FREE Disaster Resiliency Training
THURSDAY, November 9 @ 5:30**

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- * Learn hands-on skills to help you and your family alleviate the stress from the trauma of the recent wildfires
 - * Learn how to support and increase your resiliency during and after natural disasters
 - * Learn how to regain and protect your sleep and increase your social connections, which are some of the most powerful antidotes to psychological trauma
 - * Learn how to practice concrete life skills to reduce anxiety, depression and hostility from disaster response and recovery experts
 - * Gather in community to heal with people who care

**This is FREE event for the community
Everyone is welcome!**

When: Thursday, November 9, 2017 5:30 - 7:30 pm
Where: Altimira Middle School Multi-Purpose Room, 17805 Arnold Drive, Sonoma, CA 95476

Dinner will be served. Free childcare will be provided.
Se habla español: English/Spanish translation below.

Healing in action:
We welcome you all to attend this community learning and connection session. You

may participate at whatever level is most comfortable for you. You will learn how to create and practice a self-care plan in the face of psychological and emotional trauma, how your body reacts to stress, skills you can use to stabilize your nervous systems and how you can use these skills in your family and your community.

Brought to you by a coalition of Valley nonprofits: La Luz, Sonoma Valley Hospital, Legal Aid of Sonoma County, Sonoma Chamber of Commerce, Teen Services Sonoma, Pets Lifeline, Sweetwater Spectrum, Sonoma Valley Museum of Art, Sonoma Community Center, Jack London State Historic Park, Sonoma Valley Community Health Center, Sonoma Ecology Center, Sonoma Arts Live, Sonoma Mentoring Alliance, Boys and Girls Clubs of Sonoma Valley, Praxis Peace Institute, Sonoma Valley Education Foundation, Hanna Boys Center and International Trauma Center.

For more information or questions, contact:
Leslie Petersen | Event Director | Hanna Boys Center | 707-933-2555
lpetersen@hannacenter.org

Sonoma Valley Fund (SVF) is an affiliate fund of Community Foundation Sonoma County, (CFSC). Since its inception in 2007, SVF has made over \$4.8 million in grants to Sonoma Valley nonprofits.

Sonoma Valley Fund is the hub of philanthropy for the valley, connecting people, ideas and resources to benefit all who live here. Their affiliate board, and staff at Community Foundation Sonoma County work with nonprofits on their legacy gift programs and provide resources and tools for philanthropists to create plans that will make an impact in our community and become part of their family's legacy.

For more information: www.sonomavalleyfund.org
Primary Contact for CFSC: Elizabeth Brown, President & CEO
ebrown@sonomacf.org, Cell: 707-694-0402

Después de los incendios: RESURGIENDO MAS FUERTE JUNTOS
Entrenamiento GRATUITO sobre Resiliencia ante Desastres
JUEVES, 9 de noviembre a las 5:30

¿De qué se trata el evento?:

- * Aprender habilidades para ayudarle a usted y a su familia como aliviar el estrés de trauma de los incendios recientes
- * Aprender como apoyar e incrementar su resiliencia durante y después un desastre natural
- * Aprender cómo recuperar y proteger su sueño e aumentar sus conexiones

sociales, los cuales son algunos de los antídotos más poderosos ante el trauma psicológico

* Aprender de expertos de respuesta y recuperación de desastres como practicar las habilidades de la vida cruciales para reducir la ansiedad, la depresión y la hostilidad

* Reunirse con personas para sanar en comunidad

¿Cuándo?

jueves, 9 de noviembre de 2017 5:30 - 7:30 pm

La cena será servida. Habrá cuidado de niños.

Se habla español: Habrá interpretación inglés/español

Es un evento GRATUITO para la comunidad.

¿Dónde?

Altimira Middle School Multi-Purpose Room

17805 Arnold Drive

Sonoma, CA 95476

Sanación en acción

Le invitamos a asistir a esta sesión de conexión y aprendizaje comunitario. Puede participar en la manera en cual usted se sienta más comfortable. Aprenderá como crear y practicar un plan de auto-cuidado ante el trauma psicológico y emocional, saber cómo su cuerpo reacciona al estrés, habilidades para estabilizar su sistema nervioso y como puede usar estas habilidades con su familia y comunidad. ¡Todos son bienvenidos!

Para preguntas o más información, contacte a:

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STAY CONNECTED:



