

BE THE CHANGE

COLLECTIVE TRAUMA AND COLLECTIVE HEALING

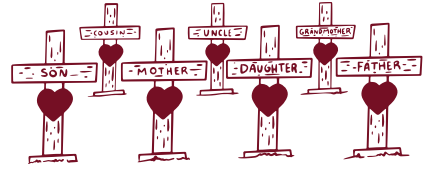
Collective Trauma is a life-altering event that disrupts our well-being and causes harm and suffering to many people.



Natural Disasters



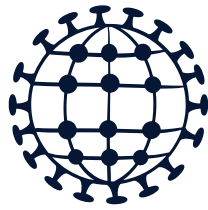
Racism



Mass Shootings



Food Insecurity



Global Pandemics

IMPACTS

GRIEF

ADDICTION

CHRONIC ILLNESS

SOCIAL ISOLATION

DEPRESSION

HEALING PRACTICES

SEE A THERAPIST

SURROUND YOURSELF WITH POSITIVE FRIENDS & FAMILY

ABSORB CONTENT THAT MAKES YOU LAUGH

ATTEND MEMORIALS PROTESTS & VIGILS HEALING CIRCLES

TAKE DEEP BREATHS

QUESTION THOUGHTS THAT LEAD TO NEGATIVE FEELINGS

MEET SUPPORT GROUPS

JOIN FAITH-BASED COMMUNITIES

VOLUNTEER YOUR TIME



Collective Healing is a model where people are supported and empowered to develop their skills and capacities to enable healing in their communities, families and in themselves.