

NOT ALONE @ THE BEACH PRESENTS

# Self-Care & Coping with Trauma Workshop

IN PARTNERSHIP WITH  
THE LONG BEACH TRAUMA RECOVERY CENTER



This workshop is for students who have experienced trauma and are looking for ways to cope & students seeking to support friends or family who have experienced trauma.

**MONDAY, SEPTEMBER 28 | 3-4:30PM PDT**  
**Register here: [bit.ly/31FZ4GM](https://bit.ly/31FZ4GM)**



[NATB website](#)

Come learn about common reactions to trauma, stress responses, and coping strategies to help with self-care.



[LBTRC website](#)