

**The Mid-Michigan Trauma Collaborative  
Presents:  
A FREE WORKSHOP  
on  
RESILIENCE AND SECONDARY TRAUMATIC STRESS**

Facilitated by: Cheryl Williams- Hecksel, LMSW

Date: December 5, 2018

Time: 3:00 to 4:30pm

Location: Ingham County DHHS

5303 S. Cedar Street

Human Services Complex, Building 3, Conference Room A

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RSVP: Teresa Stokes

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- This workshop will explore signs of secondary traumatic stress and the impact of exposure to other people's trauma.
- With an awareness of these signs and symptoms, participants will identify strategies for individuals and teams to develop resilience.

