

# SURVIVING & THRIVING

Trauma & Resilience in our Community



Join ChildSavers' Director of Mental Health and Trauma and Resilience Education, John Richardson-Lauve, for a workshop on trauma and resilience. Learn about the groundbreaking Adverse Childhood Experiences Study (ACES) and the power resilience plays in overcoming traumatic experiences.

THE  
3<sup>RD</sup>

OF

APRIL

Tuckahoe Library  
1901 Starling Dr.  
Henrico. VA 23229

6PM - 8PM

Sponsored by



FREE & OPEN TO  
THE PUBLIC

RSVP

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