

### Announcement

On March 1<sup>st</sup> at 6:30 PM, NAMI High Country welcomes Peg Morrison and Christine Venrick to present an online program: “Two Voices on Trauma, Recovery, & How to be Part of the Solution.” Both are trauma survivors who work to help others. Trauma can occur at any stage of life to any one of us. Its effects are far more prevalent in society and in High Country communities that most realize. Trauma has long-lasting effects on the brain and the rest of the body. This program is for everyone, because even those who have not experienced trauma have people in their lives who have.

Join Zoom Meeting

<https://us02web.zoom.us/j/89693958646>

One tap mobile: +19294362866,,89693958646# US (New York)

Dial In: +1 929 436 2866 US

Meeting ID: 896 9395 8646

For more information, contact Mike Tanner at [pres@namihighcountry.org](mailto:pres@namihighcountry.org).

### Our Guest Speakers



**Christine Venrick** is founder of “Trauma Matters: PTSD Support Group.” See <https://www.buzzsprout.com/1590361> and (<https://youtu.be/rpiQ6fdiHw>).



Peg Morrison is the Director of Programs for the National Alliance on Mental Illness of North Carolina. Prior to that she worked for NAMI Ohio as well as supportive housing and anti-poverty agencies. Peg earned a bachelor’s degree in journalism from Kent State University and a master’s in business administration from Bowling Green State University. She loves her work because it allows her to be authentic and appreciated at the same time. She lives in Raleigh with Juniper, her unofficial therapy hound.