TRAUMA AWARE PA SOCIAL MEDIA TOOLKIT
RESILIENT PA

In concert with the Pennsylvania Office of Advocacy and Reform, HEAL PA, United Way of Pennsylvania, and Collectively Rooted are working to help Pennsylvania residents become more trauma aware and have practical tools to identify and address the trauma in their world.

Help us promote an upcoming summer 2022 series on your social media accounts. The series is about building a trauma aware Pennsylvania – free to all residents in the state and open to everyone for personal and professional growth. Some of the world's leading experts on trauma will present sessions on:

- Where and how trauma appears in our lives and communities
- What happens when we experience trauma
- The role of community in healing
- How we can heal ourselves and support healing in others

Our mission is to bring the community together, provide resources, and connect individuals and businesses to each other who are committed to building a trauma aware Pennsylvania. Anyone who participates in the series and completes the required exam will receive a certificate of completion and the ability to be listed in the Trauma Aware Community directory where Pennsylvania residents can search to find trauma aware resources.

Learn more about the Trauma Aware PA initiative at https://www.resilientpa.org/trauma-aware-pa/. For any questions, please email Amanda.

Scroll down for social media resources for Facebook, LinkedIn, Instagram, and Twitter. You are also welcome to share posts made by United Way of Pennsylvania in the week prior to each session release.

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SOCIAL MEDIA RESOURCES:

*Download images at
https://unitedwayofpennsylvania.sharepoint.com/:f:/s/UWPShare/EmfahZjZcERCti5O2Syx-fwB4Q_fjUkkJRoAft3mlFGDLA?e=jr6kqU

*More posts will be added prior to each training session, which will be released on July 15, July 29, August 12, and August 26, 2022

Post 1: Before July 15, 2022:

Facebook:

Download image [here](#).

Would you like to become more trauma aware? Join this free summer series to get practical tools to identify and address trauma in your world. Any PA resident is welcome to attend for personal or professional growth.

Pre-register now to catch the July 15 session with best-selling trauma research author, Bessel van der Kolk! → resilientpa.org/trauma-aware-pa

#TraumaAwarePA #ResilientPA #HEALPA #TraumaInformed Collectively Rooted PA Office of Advocacy and Reform United Way of Greater Philadelphia and Southern New Jersey United Way of Pennsylvania

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LinkedIn:

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Instagram:

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