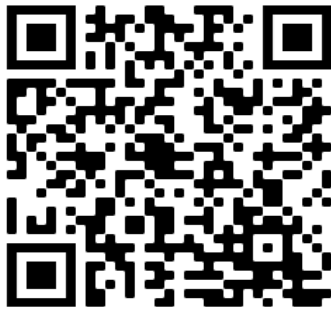


# Mental Health Wellness: Growing Resilient Together



## TO REGISTER:

[https://us06web.zoom.us/webinar/register/WN\\_Us7D4EdqR5G10QHbZw1JDA](https://us06web.zoom.us/webinar/register/WN_Us7D4EdqR5G10QHbZw1JDA)



For more information contact  
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Stress & Trauma  
Treatment Center, Inc.



Participants will increase their knowledge of toxic stress, adverse childhood experiences, and traumatic stress; identify three strategies to improve overall wellness and resilience; and increase their motivation to conduct personal self-wellness to ultimately spread wellness to others.

**May 26, 2022**

9am-11am

**This webinar will be  
conducted via Zoom**

**THIS IS A FREE VIRTUAL TRAINING**

2 CEU's will be available for  
LCSW, LSW, LCPC & LPC

Dr. Matt  
Buckman  
Licensed Clinical  
Psychologist,  
Executive Director  
of the Stress &  
Trauma Treatment  
Center

