Do you have a **HOLOCAUST SURVIVOR** in YOUR FAMILY?

Join us for a class and discussion focused on improving the care you give, both to your loved one and yourself

**TRAUMA INFORMED CARE & SELF-CARE**

**JANUARY 31, 2019**

**9 A.M. TO 12 P.M.**

Gulf Coast Jewish Family and Community Services, 14041 Icot Blvd., Clearwater, 33760

**Trauma Informed Care**

- What is a trauma-informed response?
- Understanding trauma and triggers
- Trauma response in Holocaust Survivors compared to other elderly

**Family Support**

- Self-Care
- Accessing community resources
- Planning and organization
- Asking for and accepting help
- Independence—yours and theirs

**Alison Solomon, LCSW**
Gulf Coast JFCS

**Kelly Siegel, MBA**
Empath Health
Community Partnership Specialist

To register or for more information contact Kerri Brennan at:

727-479-1811 or kerri.brennan@gcjfcs.org