



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

Alison Solomon, LCSW
Gulf Coast JFCS



Family Support

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

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



Gulf Coast Jewish Family & Community Services

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