

12/17/2024

# TRAUMA TRAINING TUESDAY

VIRTUAL/ZOOM

THIRD TUESDAY OF THE MONTH

12:00 P.M.-2:00 P.M.

## TRAUMA OF SEEKING HELP

Our culture emphasizes the individual over the collective. People that are struggling are blamed for their struggles despite the enormity of the social circumstances. Recognizing that you can't do it alone is a herculean task. Usually, it takes a crisis to get there. When you do get to that point, it should be easy to access the help you need, but the reality is, there is nothing easy about it. The systems set up to help people often cause them further harm. TTT Rockstar Nikki Bell-Peña is no stranger to helping others, she will share her journey of being on the other side and how our systems need to change.



**Nikki Bell-Peña** is the founder of Living in Freedom Together, Inc. (LIFT), which was a survivor-led non-profit working to end prostitution and provide viable pathways out of the sex trade. Under Nikki's leadership, LIFT opened Jana's Place, the first recovery home for women exiting prostitution with co-occurring substance use and mental health disorders in the nation, as well as HARBOR (Healthcare, Advocacy, Room Board, Outreach and Rehousing), a zero barrier access shelter for survivors of prostitution and sex trafficking, and created the CATI (Creating Alternatives To Incarceration) Program, a pre-arraignment diversion program in partnership with the Worcester District Attorney's Office. Her awards and recognitions are numerous and well deserved!

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on December 17th. It will be recorded for later viewing. No need to RSVP to join, and please share!

Topic: Trauma of Seeking Help

Time: December 17, 2024- 12:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/81768933438?pwd=am9HZmxxSkgjTmRDTDZFRzZmZjlnUT09>



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