

7/16/2024

TRAUMA TRAINING TUESDAY

VIRTUAL/ZOOM

THIRD TUESDAY OF THE MONTH

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

Cultivating Joy

Trauma impacts the quality of our life. When bad things happen, they can take center stage for a long time, occupying our thoughts and keeping our mood dark. We can even feel like being happy is disloyal to the harm we've suffered, and we somehow deserve to feel this pain. With intention and specific practices, we can start to make room for joy. We all deserve happiness and to have lives we want to live. Joy Coach Kelsey Hopkins of Worcester ACTs and Susan Buchholz, Executive Director of the Heartwell Institute for Mindfulness will share tools you can implement every day to cultivate joy now!



Susan Buchholz bio [here](#)
Kelsey Hopkins bio [here](#)

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on July 16th. It will be recorded for later viewing. No need to rsvp to join, and please share!

Topic: Cultivating Joy

Time: July 16, 2024- 12:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/81768933438?pwd=am9HZmxxSkgjTmRDTDBFRzZmZjlnUT09>



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