

# PTSD: Healing Connections

**We are all in this together!**



**A FREE community event to offer empowerment, education and resources to people impacted by PTSD, Stress, and Anxiety.**

- For families, friends, and colleagues.
- Vendor booths focused on education, empowerment, connection and community healing.
- Featuring a panel of speakers covering a broad spectrum of topics related to PTSD, including military service, domestic violence, healing from trauma, loss of a loved one, and more.

## Event Information

**Saturday February 17,  
2018**

**1 to 4PM**

**Kenosha American Legion,  
Post 21  
504 58th St, Kenosha, WI**

**WHAT IS PTSD?** Post Traumatic Stress Disorder (PTSD) is a disorder that develops in some people after experiencing a dangerous, frightening, or shocking event like natural disasters, sudden loss, abuse, trauma, combat, and surgery. The traumatic event is persistently re-experienced through flashbacks, nightmares, disassociation, or other symptoms. Situations, places or thoughts which may trigger these intrusive symptoms are avoided, and there is a negative impact on mood, behavior, or cognition. People with PTSD may be more easily startled, have difficulty sleeping or concentrating, among other symptoms.

## **PTSD HAS MANY FACES!!**

Talk to someone who understands...someone just like you. For more information, visit

[www.namikenosha.org/healing-connections](http://www.namikenosha.org/healing-connections)



**YOU ARE  
NOT  
ALONE**

[www.nami.org](http://www.nami.org)