



Center for Black Women's
Wellness

GENERATIONAL TRAUMA WORKSHOP

for BIPOC Mental Health Month

We will discuss:

- The genetics of trauma
- How history has shaped our mental health
- Methods to address generational trauma
- Connections to helpful resources
- Raffle of a stress relief care package!

With:

Shar Goolsby
M. Ed., NCC

Clinical Mental Health
Therapist with a focus in
Traumatic Stress



6:00 PM - 7:30 PM



Wednesday, July 24th



Zoom. Register for the link.

Scan to Register
or visit cbww.org/events

