



ADELANTE
MUJERES

Clínica Esperanza

Beyond Trauma Workshop

Every Wednesday

May 21st 2025 - June 25th 2025

10:00 AM - 12:00 PM



Virginia Garcia Memorial Health Center

2725 SW Cedar Hills Blvd.

Unit 200, Beaverton, OR 97005



Please note: This workshop will be held in
English

In this in person workshop you'll learn:

- Myths and Distortions
- Redirected Aggression
- Trauma and Its effect on the Body and Mind
- Stress and Anxiety
- ACEs (Childhood Adversities)



Scan QR
Code to
Register

For more information:

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In collaboration with:



Virginia Garcia Memorial
HEALTH CENTER