

# “That Time of Year”

Learning how traumatic events can change us, and our community



## Youth (ages 12 to 18):

July 17, 10:00 am – 11:00 am  
July 18, 6:00 pm - 7:00 pm  
August 21, 6 :00 pm - 7:00 pm  
August 23, 5:00 pm – 6:00 pm

## Parents

July 17, 10:00 am – 11:00 am  
July 18, 6:00 pm - 7:00 pm  
August 19, 9 :00 am - 10:00 am  
August 23, 5:00 pm – 6:00 pm

## Residents of Aurora

July 17, 6:00 pm – 7:00 pm  
August 23, 2:00 pm – 3:00 pm

## Business Community

July 10, 6:30 pm – 7:30 pm  
July 15, 8:30 am – 9:30 am  
July 29, 12:00 pm – 1 pm  
August 26, 6 :00 pm to 7:00 pm

## Faith Community

July 15, 12:00 pm – 1:00 pm  
August 19, 6:00 pm – 7:00 pm

Please **RSVP** to  
303-617-2570 or  
email [MelissaTucker@aumhc.org](mailto:MelissaTucker@aumhc.org)

☹ **Have you been feeling anxious, fearful, or sad?**

☹ **Are you experiencing grief or guilt?**

☹ **Are these things worsening with the change in season, personal events or the anniversary of a traumatic event?**

**The Aurora Community Support Team** is offering information sessions this summer about why these things feel the way they do, and what you can do about it.

Learn how stress and reactions can be present year round, or can worsen around the anniversary of an event.

Take home a few relaxation skills to help get through stressful moments.

**And...Refreshments will be provided!**

Free Baby Sitting can be arranged for children ages 2 to 12 with advanced notice



No one has to share their story here, but what you can do is learn about how your reactions are normal, how other people have the similar experiences, and how you can help yourself deal with it, and maybe even grow from it.

Questions, call 303-617-2570 or email [MelissaTucker@aumhc.org](mailto:MelissaTucker@aumhc.org)

## WHERE

**Aurora Strong Resilience Center**  
1298 Peoria St. Aurora, CO 80010  
[www.720recovery.org](http://www.720recovery.org)

