

# “That time of year”

Learning how traumatic events can change us, and our community

Have you had a scary experience you can't seem to forget about?

Do you avoid certain places or people?

Do you get angry more often?

Are you worried about something happening again?

Do you ever feel like you are in “survival mode”?

Do friends or family tell you that you seem different?

Is someone you know feeling this way?

Do you wonder “Why did this happen to me?” or “Why my community?”

## The Aurora Community Support Team

is hosting free 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 you through stressful moments.

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



No one has to share their story, simply learn how normal reactions can worsen with the change in season, personal events or the anniversary of a traumatic event, such as the Aurora Theater Tragedy.

Free Baby Sitting can be arranged with advanced notice.

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

### WHEN:

July 17, 6:00 pm – 7:00 pm (Thur.)

*\*Pizza provided*

August 23, 2:00 pm – 3:00 pm (Sat.)

*\*Snack provided*

### WHERE:

**Aurora Strong Resilience Center**

1298 Peoria St.

Aurora, CO

80010

[www.720recovery.org](http://www.720recovery.org)

