

REDDING COMMUNITY RESILIENCE WORKSHOP

MOVING THROUGH AND BEYOND TRAUMA

JANUARY 14, 2019

The Health Alliance of Northern California and the Shasta Health Assessment and Redesign Collaborative invite you to a workshop presented by The Center for Mind Body Medicine.

The traumatic events of the recent wildfires have profoundly affected our individual emotional and physical health, our social functioning, our overall well-being, and the health and security of our community. Unresolved, this distress can damage our health and limit our potential for rebuilding a strong community.

Join diverse Redding Community leaders and representatives to participate in this dynamic workshop where you will practice evidence-based self-care tools for effectively addressing personal and team stress after the fires, network with peers, and learn about an evidence-based program to rebuild a resilient, self-healing, and inclusive Redding Community.

- Explore the connection between traumatic events and emotional, physical, and social distress and dysfunction;
- Practice evidence-based mind-body techniques to relieve stress, heal trauma, and enhance health and well-being;
- Experience the benefits of coming together and sharing in a group;
- Learn about CMBM's community-led model for transforming devastating trauma into an opportunity for promoting individual and community healing.

Workshop Information

January 14, 2019

Registration: 9:00 am

Workshop: 9:30 am - 2:30 pm

Redding First Church, Family Center
2225 Bechelli Lane
Redding, CA 96002

Please RSVP at

reddingcmbm.eventbrite.com



The Center for Mind-Body Medicine (CMBM) was founded in 1991 by psychiatrist James S. Gordon, M.D. In the years since, CMBM has become a worldwide leader in making self-care, group support, and community-building central to all healthcare, the training of health professionals, and the education of children. CMBM has focused on providing innovative solutions to some of the world's most intractable and complex psychological and physical problems. Dr. Gordon, and CMBM's 130 faculty have developed programs for population-wide trauma healing in the Balkans, the Middle East, and post-earthquake Haiti, with New York City firefighters post 9/11, in post-Katrina New Orleans, on the Pine Ridge Indian Reservation in South Dakota, in post-Harvey Houston, with war traumatized U.S. veterans, and recently the Sonoma County community following the wildfires in 2018.



James S. Gordon, MD, CMBM Founder and Executive Director, is a Clinical Professor of Psychiatry and Family Medicine at Georgetown Medical School, and chaired the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush. Dr. Gordon is the author of *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*; *Comprehensive Cancer Care*; *Manifesto for a New Medicine*; and more than 140 articles in professional journals and mainstream publications, among them the *American Journal of Psychiatry*, *Clinical Psychiatry*, *The Journal of Traumatic Stress*, *The American Family Physician*, *The Atlantic Monthly*, *The Washington Post*, and *The New York Times*.

The Center for Mind-Body Medicine (CMBM) is a 501(c)3 organization. cmbm.org