



STAY SAFE, GET A FLU SHOT!

Wondering whether or not to get your flu shot this year? Click [HERE](#) to find out why getting your flu shot this year is more important than ever.

QUOTE OF THE MONTH:

"The brave man is not he who does not feel afraid, but he who conquers that fear."

- Nelson Mandela

Covid-19 Information

- [Atrium Health: What to know](#)
- [Centers for Disease Control](#)

Click on links to access.

Peer Visit Phone Calls

Please contact Carli Wilson at carlisha.wilson@atriumhealth.org if you are interested in a peer visit phone call.

TRAUMA SURVIVORS NETWORK OCTOBER SUPPORT GROUPS

OCTOBER GROUP TOPIC: **STORYTELLING: TELLING YOUR SURVIVOR STORY**

All In-Person TSN Groups are cancelled due to in-person restrictions around COVID-19. Please join our Virtual Support Groups instead! We will send information on how to join these Zoom meetings before each session.

TSN Kids Virtual Support Group

Tuesday, October 13th from 6:30-7:30 pm

TSN Family & Friends Virtual Support Group

Thursday, October 15th from 6:30-8:00 pm

TSN Survivors Virtual Support Group

Tuesday, October 27th from 6:30-8:00 pm

**Survivors and Family & Friends groups are for adults.*

NEXTSTEPS: MANAGING LIFE AFTER TRAUMA BEGINS OCTOBER 7TH

CLICK [HERE](#) TO REGISTER AND FIND OUT MORE

NextSteps is a six-week online program for trauma survivors focused on a variety of subjects related to recovery such as goal-setting, problem-solving, managing emotional reactions, how trauma impacts friends and family, and communicating with friends and professionals. Facilitated by a trained leader, survivors will have a chance to interact with other survivors, share experiences, and learn from each other.