



SPREAD THE LOVE

Join us in thanking and showing appreciation for our Atrium Health Trauma Services Team and Levine Children's Hospital Healthcare Workers. Click [HERE](#) to add your personal message!

TRAUMA SURVIVORS NETWORK AUGUST SUPPORT GROUPS

AUGUST GROUP TOPIC:

EXPECTATIONS FOR THE "NEW NORMAL"

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.

QUOTE OF THE MONTH:

"We must be willing to let go of the life we planned so as to have the life that is waiting for us." - Joseph Campbell

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.

TSN Kids Virtual Support Group

Tuesday, August 11th from 11:00 am-12:00 pm

TSN Family & Friends Virtual Support Group

Thursday, August 20th from 6:30-8:00 pm

TSN Survivors Virtual Support Group

Tuesday, August 25th from 6:30-8:00 pm

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

NEXTSTEPS BEGINS AUGUST 19TH

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.