



Article of the Month:

That Discomfort You're Feeling is Grief

From the Harvard Business Review

OTHER RESOURCES

Coronavirus Information

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

Further Reading

- [10 Healthy Activities to Take Your Mind off Coronavirus](#)
- [Social Distancing FAQs](#)
- [How to Stay Sane When the World Seems Crazy](#)

Links for all resources below, or clickable in PDF

Peer Visit Phone Calls

Please contact Leah Hindel at leah.hindel@atriumhealth.org if you are interested in a peer visit phone call.

National TSN T-Shirts for Sale!

See link below or click [here](#) for more information!

TRAUMA SURVIVORS NETWORK SUPPORT GROUPS

Trauma Survivors Network April Groups

In-person TSN Survivors, Family & Friends, and Kids 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 Virtual Support Group (for adults)

Tues., April 14, 2020 and Tues., April 28, 2020
6:30-8:00pm

TSN Virtual Kids Group

Thursday, April 16, 2020
11:00am-12:00pm

Online NextSteps Program

Launches this week- April 1st!

NextSteps is a FREE online program to help manage life after a serious injury. Engage in weekly education modules and live chats with other trauma survivors. NextSteps explores the ways life has changed and how to move forward after traumatic injury.

Visit: www.nextstepsonline.org or see attached flyer.