

(Re)STORE

*Survivors of Trauma Obtaining
Resilience and Empowerment*



**October 7-10, 2019
Harrisonburg**

The (Re)STORE program uses Peer Recovery Specialists to facilitate trauma-informed training and recovery support for crime or trauma survivors anywhere in Virginia. (Re)STORE adapts MHAV's current recovery programming to help fill the gap in community mental health recovery services for adults who have been affected by crime or are in recovery from trauma. The goal is to facilitate ongoing recovery by using a strengths-based approach to empower individuals toward self-advocacy.

14 VCB-approved hours of education will be awarded.

Format: This retreat takes place from Monday-Thursday and includes tuition, materials, lodging and meals. Participants are expected to arrange their own transportation to the program.

Topics include: Trauma awareness, grief and loss, mindfulness, self-advocacy, self-compassion and much more

Scholarships Available!
Apply online at mhav.org