

(Re)STORE

*Survivors of Trauma Obtaining
Resilience and Empowerment*



The (Re)STORE program uses Peer Recovery Specialists to facilitate trauma-informed education 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.

Format: This 3-day retreat includes tuition, materials, lodging and meals. Participants are expected to arrange their own transportation to the program.

Topics Include:

- Self care
- Peer Support, Recovery & Wellness
- Self Awareness
- Intro to Trauma
- Why Trauma Matters
- Trauma & the Brain
- Self Compassion
- Resilience
- Self Advocacy
- Trauma, Behavior & Shame
- Grief & Loss
- Mindfulness
- Self Empowerment

Scholarships Available! Apply today at www.mhav.org

"The activities & different learning styles were wonderful...OUTSTANDING!"

- Program Graduate

"I felt 100% safe and able to speak freely."

- Program Graduate