



Supporting CommUnity

When Traumatic Events Impact Your Organization; Recovery, Support and Strength

Every single organization has to deal with issues and events that are beyond their control. Those events can test us all at a very personal and human level and yet, being the profession of recreation, we believe that we should be able to ‘pull ourselves up by the bootstraps’ and continue on. In this session we will discuss that impact of being exposed to traumatic events and how we can be aware of how these events can affect us personally and professionally. We will learn how to deal with our stress, our response to the community and most importantly how to monitor our own health. Lori will discuss ways to identify and access community resources as well as create your own internal action plan for a proactive response for your fellow colleagues and the community that you serve.