

HOW TO COPE WITH TRAUMATIC EVENTS

Monday, 16 June 2025 10:30am-3:30pm



This course is a chance for you to explore what 'trauma'-including relational trauma - is and if you have experienced it. The aim of the course is to outline the differences and similarities between traumatic and stressful events, through interactive conversations.

We'll discuss what helps and supports your recovery and wellbeing. And find ways of dealing with it in a more compassionate way.

We will cover: How to identify what trauma is and recognise traumatic events; gain awareness of the impact of trauma and how it can affect you; find ways to deal with trauma and what helps.

Disclaimer: The course is an educational space and not a therapy or support group. We will not share any graphic or traumatic events, analyse your experience or give you advice. We will simply hold a safe space to allow conversations on the effects of trauma and help educate ourselves on how to spot trauma and deal with it in a supportive way.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net

