



COMPLIMENTARY WEBINAR HEALING FROM COLLECTIVE TRAUMA

Any traumatic event—from a personal tragedy to a global crisis—can take an emotional toll and cause traumatic stress.

It is normal to experience traumatic stress after a disturbing event. We do not have to experience a traumatic event firsthand to be impacted by it. News outlets and social media re-postings create a 24/7 environment from which it is hard to escape repetitive exposure to traumatic incidents.

What do we do with all these feelings and reactions? How do we keep ourselves motivated, so that our personal well-being and professional effectiveness won't suffer as a result?

Knowing these questions are on the minds of many, **The Johns Hopkins Employee Assistance Program will be hosting a complimentary webinar: Healing from Collective Trauma**

Please register below for your preferred date and time*:

Wednesday, February 22nd @ 3:00pm ET
Click [here](#) to register

Tuesday, February 28th @ 12:00pm ET
Click [here](#) to register