

# STAR

## – STRATEGIES FOR TRAUMA AWARENESS AND RESILIENCE

**STAR** is a research-supported approach to addressing trauma and building resilience of individual and organizations in our trauma-impacted world.

An educational event and not designed to be therapy.  
*STAR* is a program of the Center for Justice and Peacebuilding, Eastern Mennonite University.

The experiential exercises illustrate way of working within your own life and/or the life of your community, creating room for healing and resilience.



**Jan McIntyre (I)** is a Manitoba farmer working towards just, community building and peace in the areas of human rights, care of creation and spirituality.

**Joanna Hiebert Bergen** has worked for an NGO for 18 years focusing on grassroots community building through themes of peace, justice and resiliency.

**MARCH 24, - 25, 2017**  
Opening 7PM; Departure 4PM  
Private Room \$125; Shared \$115;  
Commuter \$80

### **St.Benedict's Retreat Centre**

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