

# STAR: Strategies for Trauma Awareness & Resilience

**Nov.24, 7-9PM and Nov.25, 10AM-4PM**

Explore the prevalence of trauma and how it affects our bodies, brains and souls. *Star* is a research-supported approach (see [emu.edu.cjp/star](http://emu.edu.cjp/star)) to addressing trauma and building resilience for individuals and organizations. This is an educational event, not therapy.

Discover ways of working within your own life and/or community, creating room for healing and resilience.

*Tuition, meals and private room \$125; shared \$115; commuter \$80*



**Joanna Hiebert Bergen** (l) and **Jan McIntyre**



are trained facilitators of STAR. Jan is a Manitoba farmer and Joanna works for an NGO focusing on grassroots community building

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St. Benedict's Retreat & Conference Centre  
225 Masters Ave. Winnipeg, MB R4A 2A1  
(just north of the Perimeter off Main Street)  
204-339-1704; [stbens.ca](http://stbens.ca)