

JOIN US OCTOBER 28, 2023

Rethink Healing: Tools for Releasing Primary & Secondary Trauma

**Serenity Cove
Temecula, CA**

Designed for healthcare workers, social workers, mental health professionals, and trauma-informed advocates who work alongside survivors of trauma, including sex trafficking, abuse, violence and assault.

FACILITATORS



LENA SERVIN

**Founder, Serenity Cove
BSN, RN, CEN, RYT, RMT**

Lena is a former ER and IFlight Nurse, yoga instructor, Somatic Release Breathwork Facilitator & a transformational coach, trained under the supervision of Dr. Gabor Mate.

SerenityCoveTemecula.com



ROSIE CATALDO

**Founder, Consult Rosie
Healing Conduit + Trainer**

Rosie is a counter human trafficking consultant & trauma prevention strategist who works across sectors to infuse prevention & healing

ConsultRosie.com

Expand your innate healing abilities & develop self-preservation tools

Tickets: \$250

Early bird pricing: *\$225

**Price valid if you register by Sept 25, 2023*

Date: Saturday, October 28, 2023, 1 PM to 5 PM

Register: SerenityCoveTemecula.com

Questions, email Rosie at ConsultRosie@gmail.com or
LenaCorene@serenitycove.biz

Location: 39700 Via de Oro, Temecula, CA 92592

Light snacks and refreshments provided.

Training Focus Areas:

Identify when the need for self regulation tools arise while experiencing overwhelm related to secondary trauma on the job.

Learn how to alleviate PTSD related to primary & secondary trauma with an evidence-based, trauma-informed, healing modality.

Create a self-care tool kit & practices to reduce the negative impacts of secondary trauma so you can thrive.

This activity has been submitted to the Midwest Multistate Division for approval to award contact hours. The Midwest Multistate Division is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. For more information regarding contact hours, please email: lenacorene@serenitycove.biz.