Together We Can THRIVE

TRAUMA can happen to both kids and adults.

HEALING takes time, patience, and safety.

RECOGNIZING the need to heal is a sign of strength.

INVITE others to join you in the process.

VOICE your needs and find what works for you.

ENGAGE in healing each day.

Everyone experiences traumatic and stressful events in their lives. Those experiences really stick with us and make it hard to enjoy life or get ahead. But every adult can heal, and every adult can help a child heal. With love and support, we can bounce back, grow forward, and thrive.

Find more tips and resources at faceitabuse.org.