

## Presentation on Trauma and Resilience in LGBTQQI People and Communities

Greetings!

Rise N' Learn with us on Friday, March 1st as Jake Bradley, Training & Engagement Manager at Housing Forward, presents on:

Trauma and Resilience in LGBTQQI People and Communities

This is a FREE event brought to you by Riveredge Hospital and the Community Mental Health Board of Oak Park Township.

About the Workshop:

Through heteronormativity and cisnormativity and their harsher forms of transphobia and homophobia, LGBTQQI people face many kinds of harm while engaging in life, work and school. This often results in trauma for LGBTQQI individuals and communities, and can cause dire outcomes. We as helping professionals and community members can make safe and respectful space for LGBTQQI people to prevent trauma, aid in healing, and celebrate resilience.

2 CEUs + Breakfast/Refreshments will be provided.

(CEUs provided for LPC, LCPC, LSW, LCSW)

Don't forget to bring donations for Housing Forward!

- \* Toiletries: Travel-size bottles of lotions, sunscreen, shampoo and conditioner, deodorant, Q-tips, double-edged razors, foot powder, toothbrushes and toothpaste, dental floss, and ear plugs.

- \* Linens/Bedding: Twin-sized flat and fitted sheets and twin-sized blankets. New kitchen and bathroom towels.

- \* Clothing (Please make sure all used clothing is clean): Rain gear (e.g. ponchos), belts, NEW socks, NEW underwear (men's, including boxers, and women's larger sizes), white t-shirts (large and extra-large), sweatshirts, sneakers (new or gently used).

- \* Food/Kitchen Items: Sugar, powdered creamer, coffee (decaffeinated), coffee filters, PowerBars, salt, pepper and large zip-lock bags.

- \* Over-the-counter Medications (unopened and not expired): Bacitracin or Polysporin ointment, hydrocortisone cream, cough drops, athlete's foot cream or spray.

- \* Medical Supplies (new and unopened): Foot powder, Telfa (nonstick) dressings, Band-Aids, reading glasses (new or used).

- \* Housing Forward General Wish List: Cleaning supplies, window cleaner, soft scrub, bathroom cleaner, non-bleach floor cleaner (e.g. Pinesol, Lysol), bleach, and paper towels or rags.
- \* Office Supplies/Equipment: USB flash drives, white or color 8 1/2 x 12" paper, pens, paper clips, AA and AAA batteries.
- \* Other: CTA transportation passes, backpacks (adult size), water bottles, Target/Walmart gift cards, Aldi's/Jewel gift cards.

When

Friday, March 1, 2019

9 AM - 11 AM

Where

Riveredge Hospital  
8311 W. Roosevelt Rd  
Forest Park, IL 60130

Get more

information<<http://events.r20.constantcontact.com/register/event?oeidk=a07eg3jwlxh2520f81b&c=b3e6f590-83e7-11e5-8bae-d4ae529a8250&ch=b3f2dc70-83e7-11e5-8bae-d4ae529a8250>>

Register

Now!<<http://events.r20.constantcontact.com/register/regform?oeidk=a07eg3jwlxh2520f81b&c=b3e6f590-83e7-11e5-8bae-d4ae529a8250&ch=b3f2dc70-83e7-11e5-8bae-d4ae529a8250>>

I can't make

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Sincerely,

Tandra M. Rutledge

Riveredge Hospital

708-488-4970

Riveredge Hospital, 8311 W. Roosevelt Road, Forest Park, IL 60130