

Brain, Body & Trauma Training

February 27, 2020

10:00 am-12:00 pm

United Way Galveston County Training Room

Register at: <http://uwgcm.eventbrite.com/>

Training Objectives:

- Understand how the brain responds to threats of dangers
- Identify signs and symptoms of fight, flight and freeze
- Learn coping skills to regain stability and effectiveness



United Way Galveston
County Mainland

