



HEALING OUR COMMUNITY

Trauma Prevention and Recovery™ Workshops

August 2 – 4, 2013
 Prescott YMCA Gymnasium
FREE to the Community

The Prescott YMCA is proud to present a series of workshops focused on **Healing our Community**. **David Berceli, Ph.D.**, is an international expert in the areas of trauma prevention and recovery and will be teaching his unique set of **Trauma Releasing Exercises (TRE)™** to our community. These simple but profound exercises have helped thousands around the world release tension created in the body during a traumatic experience. Dr. Berceli will be leading multiple sessions for the **Yavapai County community to help us in our healing process from the recent Granite Mountain Hotshots / Yarnell Fire tragedy**. For more information on Dr. Berceli and his revolutionary technique, please visit www.traumaprevention.com

Schedule of sessions:

Friday, August 2	3:00-5:00 pm	Middle School and High School Students
Saturday, August 3	9:00-11:00am	First Responders' Spouses and their Families
	12:00-2:00pm	First Responders
	3:00-5:00pm	Open to the Community
Sunday, August 4	9:00-11:00am	Health Care Practitioners, Teachers and Administrators
	12:00-2:00pm	Open to the Community



- Informational presentations on the effects of stress, anxiety and trauma.
- Participants are guided through a unique series of exercises designed specifically to release the tension patterns that were created as a result of our recent tragedy. These simple exercises simultaneously release physical tension and reset the nervous system back to its relaxed state so that traumatic symptoms such as anxiety, sleeplessness, lack of concentration, worry, irritability, outbursts of anger, etc. are lessened or eliminated.
- Question and answer time
- Take home pamphlet



Photo on left is a group of firemen and policemen in a TRE™ workshop in Brazil. The other is a group of 200 students in a school in South Africa participating in a TRE™ workshop.

Bring a mat / towel for your personal use while conducting the exercises on our gymnasium floor

The Y: We're for youth development, healthy living and social responsibility.

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