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WEBINAR – Understanding Posttraumatic Stress Disorder

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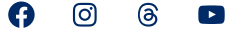
June 27 @ 12:00 pm - 1:00 pm



Most of us will experience at least one trauma in our lifetime that could lead to PTSD. In fact, about 6 out of every 100 people (or 6% of the U.S. population) will have PTSD at some point in their lives. In honor of Posttraumatic Stress Disorder Awareness Month, please join us as Honor Hannah, Licensed Clinical Social Worker from Capital Health, discusses the myths associated with PTSD, causes and risk factors associated with PTSD, what causes PTSD to persist, and how one can support themselves or a loved one with the diagnosis.

Honor Hannah, Licensed Clinical Social Worker and New Jersey native, received her Bachelor of Social Work and Master of Social Work degrees from Southeastern University in Lakeland, Florida. Honor has been an employee of Capital Health for five years, and is proudly committed to serving people in need. Honor is trauma informed, with a history of successfully servicing individuals with symptoms of depression, anxiety, postpartum related diagnoses, low self-esteem, persons navigating life transitions, those looking to enhance communication skills, rebuild trust, manage family conflict, reduce stress, enhance self-awareness, including those seeking general coping skills, mindfulness based practices, and more!

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Main Library

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Trenton, NJ 08608

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Talking Book and Braille Center

2300 Stuyvesant Avenue
Trenton, NJ 08618

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