



THE BODY HAS WISDOM WORDS CANNOT SPEAK

**JOIN US FOR AN INTERACTIVE EDUCATIONAL WORKSHOP
SERIES INTRODUCING THE TRAUMA RESILIENCY MODEL (TRM)®**

(TRM)® is a body-centered, neuroscience-informed approach that helps individuals restore balance in mind, body, and spirit after trauma. Participants will learn 8 trauma and resiliency-informed skills to identify how the body responds to fear and threat while learning how healing begins by restoring regulation in the nervous system. This group is for survivors of sexual assault and is facilitated by Daniela Herrera and Adrian Lugo.



**FOR MORE INFORMATION:
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**10 WEEK SERIES
START DATE: 03/19/2026
THURSDAYS
12:00PM-1:30PM
1431 S. ATLANTIC BLVD
LOS ANGELES, CA 90022**

