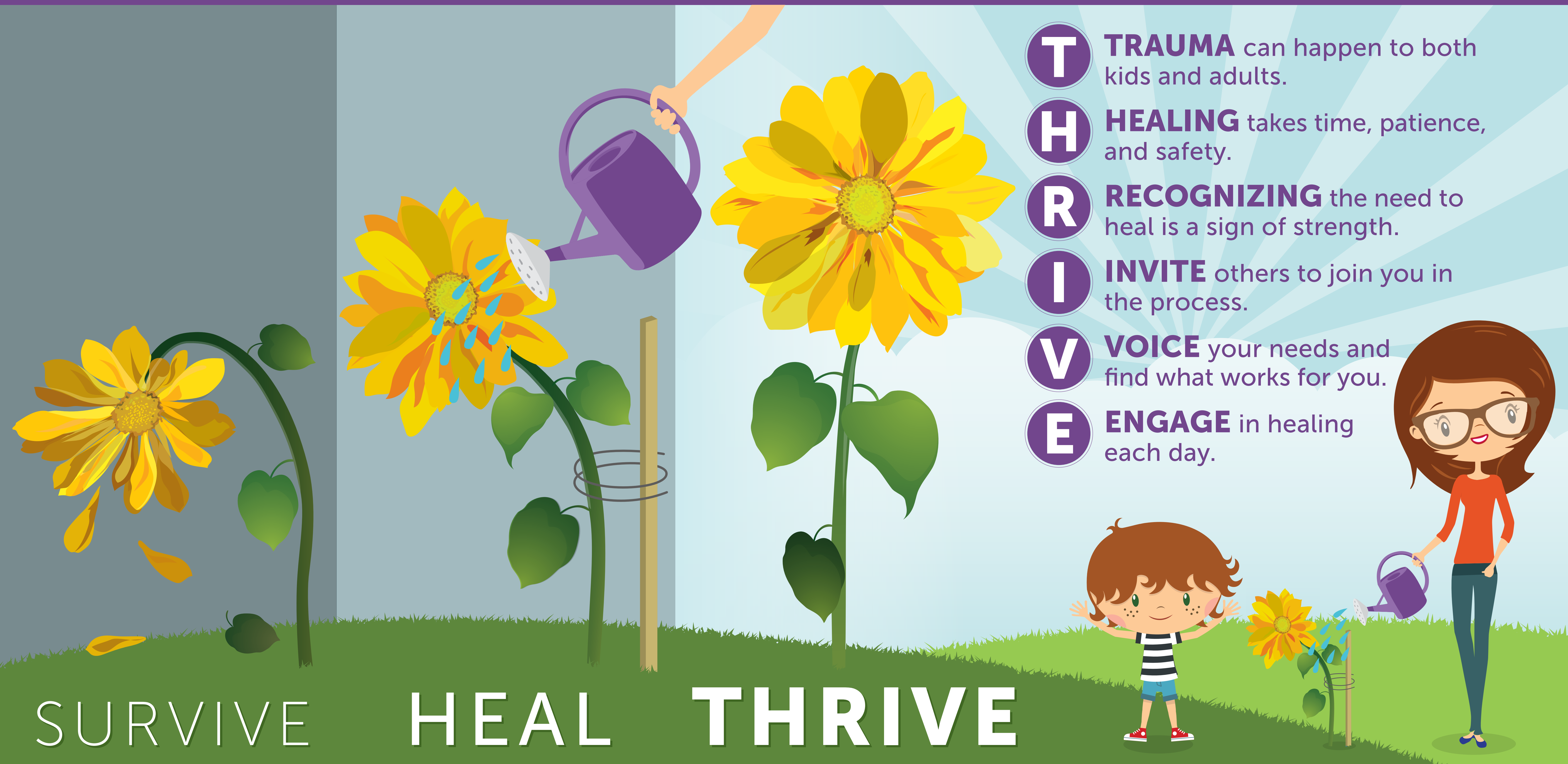


Together We Can

T H R I V E



- T** **TRAUMA** can happen to both kids and adults.
- H** **HEALING** takes time, patience, and safety.
- R** **RECOGNIZING** the need to heal is a sign of strength.
- I** **INVITE** others to join you in the process.
- V** **VOICE** your needs and find what works for you.
- E** **ENGAGE** in healing each day.

SURVIVE

HEAL

THRIVE

Everyone experiences traumatic and stressful events in their lives. Those experiences really stick with us and make it hard to enjoy life or get ahead. But every adult can heal, and every adult can help a child heal. With love and support, we can bounce back, grow forward, and thrive.

Find more tips and resources at faceitabuse.org.



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