

Keeping your Cup full is Essential to Trauma Informed Advocacy Part II



Thursday, May 14, 2020

3pm Eastern, 2pm Central, 12pm Pacific

How are you really doing? Are you tired and feeling there are not enough hours in a day? Adequate self-care is vital to sustaining long-lasting careers as a victim advocates. Through storytelling, Vanessa Timmons will discuss strategies for managing work related stress and will address the importance of taking time to address the emotional and physical damage caused by compassion fatigue.

Speaker: Vanessa Timmons, Executive Director Oregon Coalition Against Domestic & Sexual Violence

Vanessa Timmons has been a writer, activist, and women's health advocate for over 25 years. She attended Marylhurst University's Multidisciplinary Studies Program in Portland, Oregon, and has continued her formal education through certificates and training, including the Interpersonal Neurobiology of Trauma Certification Program at Portland State University. Vanessa is the executive director of the Oregon Coalition Against Domestic and Sexual Violence. She is an accomplished writer, activist, and storyteller dedicated to exploring the healing power of words. She is the author of the guided journal *The Way of The Heroine*.

Register: https://nrcdv.adobeconnect.com/e9lzg47ezlp9/event/event_info.html

For support or questions related to this event, contact Ivonne Ortiz at iortiz@nrcdv.org.

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