



## Resilient Families Academy

*Free five-week introductory psychoeducation class for adults and professionals on trauma, the impact of trauma on families, intergenerational trauma, and the importance of resiliency.*

- Dates:** 5-week study starting on Thursday, August 5<sup>th</sup>, 2021.  
Dates are 8/5, 8/19, 8/26, 9/2 and 9/9.  
Please note we will not be meeting on August 12<sup>th</sup>.
- Time:** Thursdays from 4:30 PM – 6:00 PM
- Location:** Telehealth via TEAMS
- Facilitators:** Dana Williams, LMFT  
Carrie Yeager, PhD
- Sign Up:** Contact Dana Williams at [dwilli17@uccs.edu](mailto:dwilli17@uccs.edu) with questions and to register.
- Deadline:** Registration open until August 3<sup>rd</sup>.
- Cost:** Academy is free but there is an optional \$15.00 charge for workbook (not required).