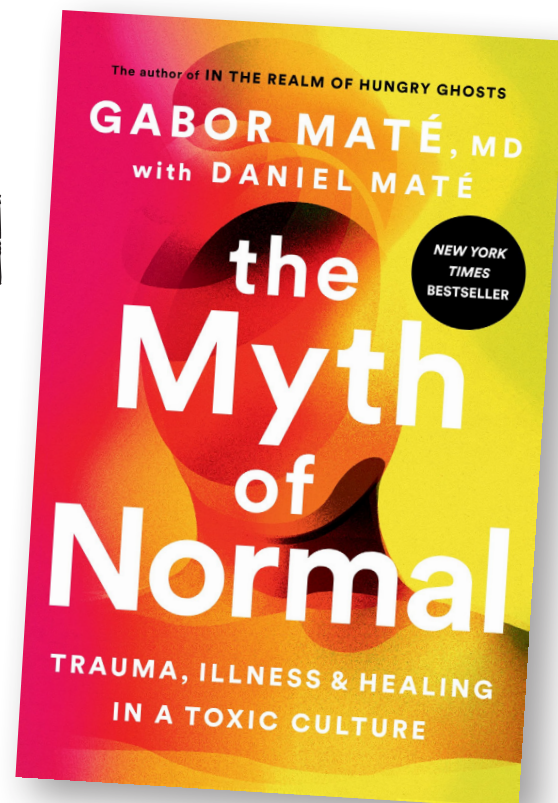


Myth Busting: Toward a Better World



In his book, *The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture*, Gabor Maté demonstrates how “Our culture’s skewed idea of normality is the single biggest impediment to fostering a healthier world.” This course, based on his book, is a series of participatory experiences designed to discover myths that debilitate us and truths that can free us to be better.

Session 1 – What Trauma Is and Does

This introductory session will explore how in the most health-obsessed society ever, all is not well.

Trauma is a foundational experience in modern societal and personal life.

**Tuesday,
October 8**
7-8:30pm

Session 2 – Trauma Prevention & Healing

This session will explore authenticity, agency, anger, and acceptance as tools for preventing and for healing trauma.

Five types of compassion that support healthy relationships will be considered.

**Tuesday,
October 29**
7-8:30pm

Session 3 – Trauma: Conception to Birth

This session will ponder how the world in which children are conceived and born impacts well being when what is assumed to be “normal” is actually harmful.

**Tuesday,
November 19**
7-8:30pm



Cost is \$10 for all 3 sessions!
Pre-registration is required
Scan the QR code to register
All sessions are held at
Forestview Middle School



Crow Wing
energized

