

BayCare Presents: Special Edition **Finding the Calm After the Storm**



In the aftermath of two significant hurricanes, many people are experiencing very strong emotional reactions as they process the damage to homes and entire communities. If you are experiencing hurricane-related distress, you are not alone. This is a perfectly normal reaction to abnormal situations.

Led by a BayCare Behavioral Health psychologist specializing in trauma, this presentation will review traumatic stress and offer practical coping skills to help find your joy in the aftermath of tragedy.

Thursday, October 17

2:00 – 2:45 pm

[Register now](#) or scan:

