



City of Edmonds Media Release

Community Services ~ 121 5th Ave N, Edmonds, WA 98020

FOR IMMEDIATE RELEASE: Sept. 15, 2020

To: Media

Contact: Patrick Doherty, Economic Development and Community Services Director
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“Coping with Collective Trauma: A Resiliency Toolkit” Scheduled for September 29th

Edmonds Diversity Commission presents virtual workshop

(Edmonds, WA) – The City of Edmonds Diversity Commission is proud to sponsor “Coping with Collective Trauma: A Resiliency Toolkit,” facilitated by Reita Johnston. This is a free virtual workshop that will take place on Zoom, Tuesday, September 29th at 6 pm. **Attendance is FREE.** A recorded video of the workshop will be accessible after the event on the Diversity Commission website.

Learn ways to cope, manage, and build resiliency through the collective unfolding of 2020 and our personal history.

- Learn how to identify the ways in which the events of 2020, and our individual and collective histories have affected your personal wellness and mental health
- Gain a deeper understanding of how COVID and social unrest have affected you and adjust the lens you use to take care of yourself.
- Learn tools to help you manage day-to-day stress and collective trauma

“The Edmonds Diversity Commission hopes this event will bring us together as a community during this time of challenge and uncertainty. We are aware that many people are living under greater levels of stress and that, as racial and social unrest continues to grow, there is an added burden on our community – especially our marginalized communities,” stated Anabel Hovig, Vice-Chair of the Edmonds Diversity Commission. “We hope you will join us for this one hour of self-care. If we take care of ourselves, then we are able to continue to build a stronger community together.”

Reita Johnston is a trauma-informed life coach, wellness practitioner, and educator who teaches cycle breakers how to heal the things keeping them from their full potential. She specializes in restorative

practices, emotional wellness, personal care and development, response to trauma, and building resiliency. She believes that you step into your power when you no longer let your past control your future and her mission is to create brave spaces for people to heal, build their confidence, and create a more fulfilling life.



Workshop Details:

Date: Tuesday, September 29, 2020

Time: 6:00-7:00 p.m.

No registration required, but attendance is limited to first 300.

Zoom Link:

<https://zoom.us/j/93373109197?pwd=YVltT01Kc2QzdVJkbjJMamlSv2pWZz09>

Meeting ID: 933 7310 9197

Passcode: 471982

One tap mobile: +12532158782

For more information and downloadable resources:

[Edmonds Diversity Commission website](#)

For more information, press only:

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