



Surviving After



April 28, 2022

Agenda

What we'll discuss this afternoon

01

Introduction

02

Domestic
Violence

03

Sexual Assualt

04

War

05

Q&A





About the Speaker

Jeannette Garcia

US Army Military Police Officer Combat Veteran, brief former Federal Police Officer

deployed in 2011-2012 to Panjwai, Kandahar, Afghanistan during Operation Enduring Freedom. I finished my enlistment and reside in the beautiful state of Arizona.

What am I doing here?

I am here to share parts of my life that changed the person I was to the person I became to the person I am. I have gone through different traumas from domestic violence, emotional abuse, rape, and war.

I am not an expert or professional. I am just an ordinary woman who wants to share my stories that maybe just maybe it may help someone.

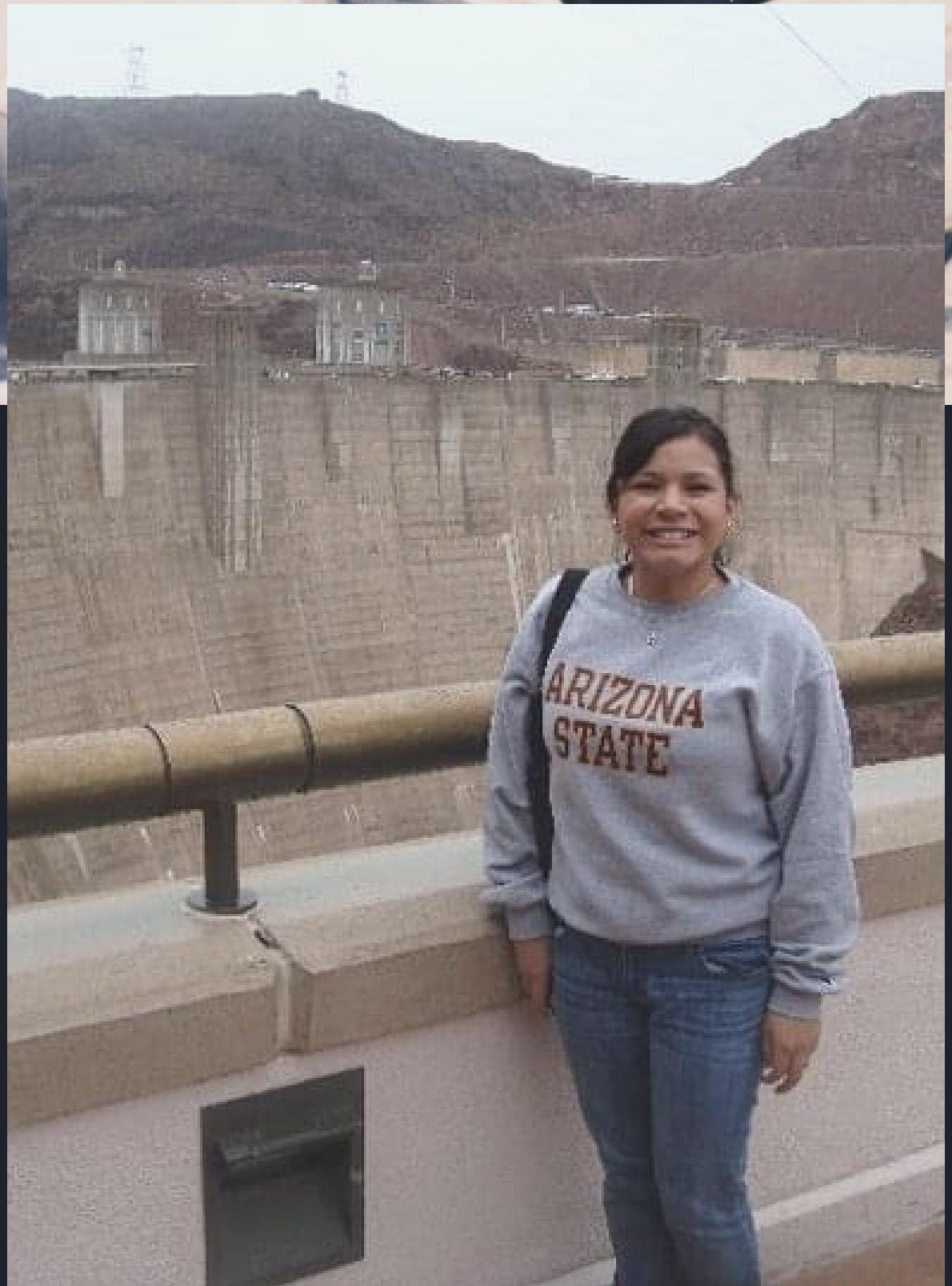


TRAUMA



- According to
Oxford Dictionary

1. deeply distress or disturbing experience
2. MEDICINE physical injury



One Year

One year changed my entire life.

This young lady was about to find out...

TRAUMATIC EVENTS



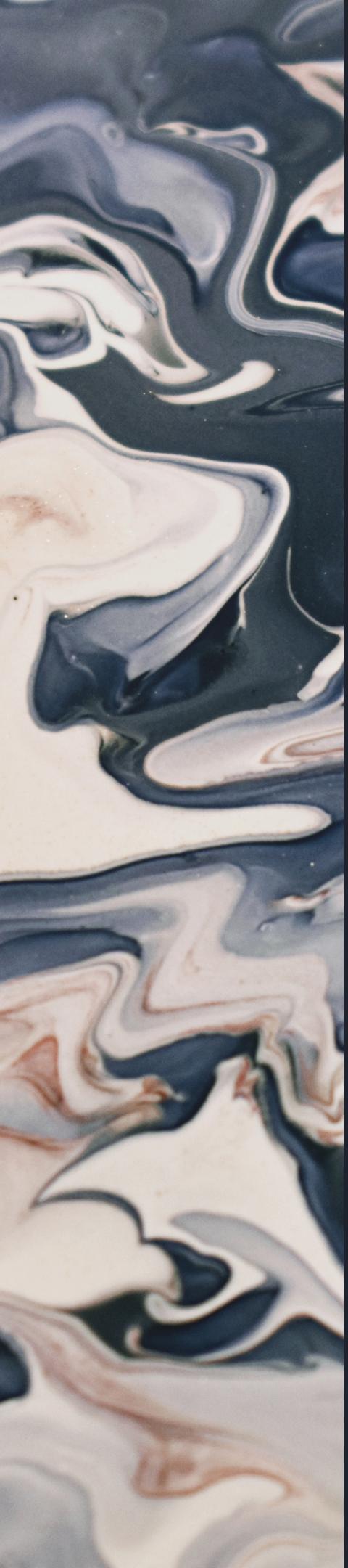
Domestic Violence



Sexual Assualt



War



Let's Begin

Excercise

Write down an incident in your life that caused a BIG impact?



CONNECT

SHARE

Take 5 minutes to share with one of your peers how it felt writing down the event.

QUESTIONS?



Sharing opportunity



Questions



Insights



How did my story impact you today?

Don't hesitate
to seek
professional help.





Thank you!

Send a message at
wesurvivedtrauma@gmail.com
if you have any questions or
comments.

Please visit
& follow:

www.wesurvivedtrauma.com

Instagram: survivingaftertrauma

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