



# Surviving After



April 28, 2022

# Agenda

What we'll discuss this afternoon

01

Introduction

02

Domestic  
Violence

03

Sexual Assault

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 Assault**



**War**

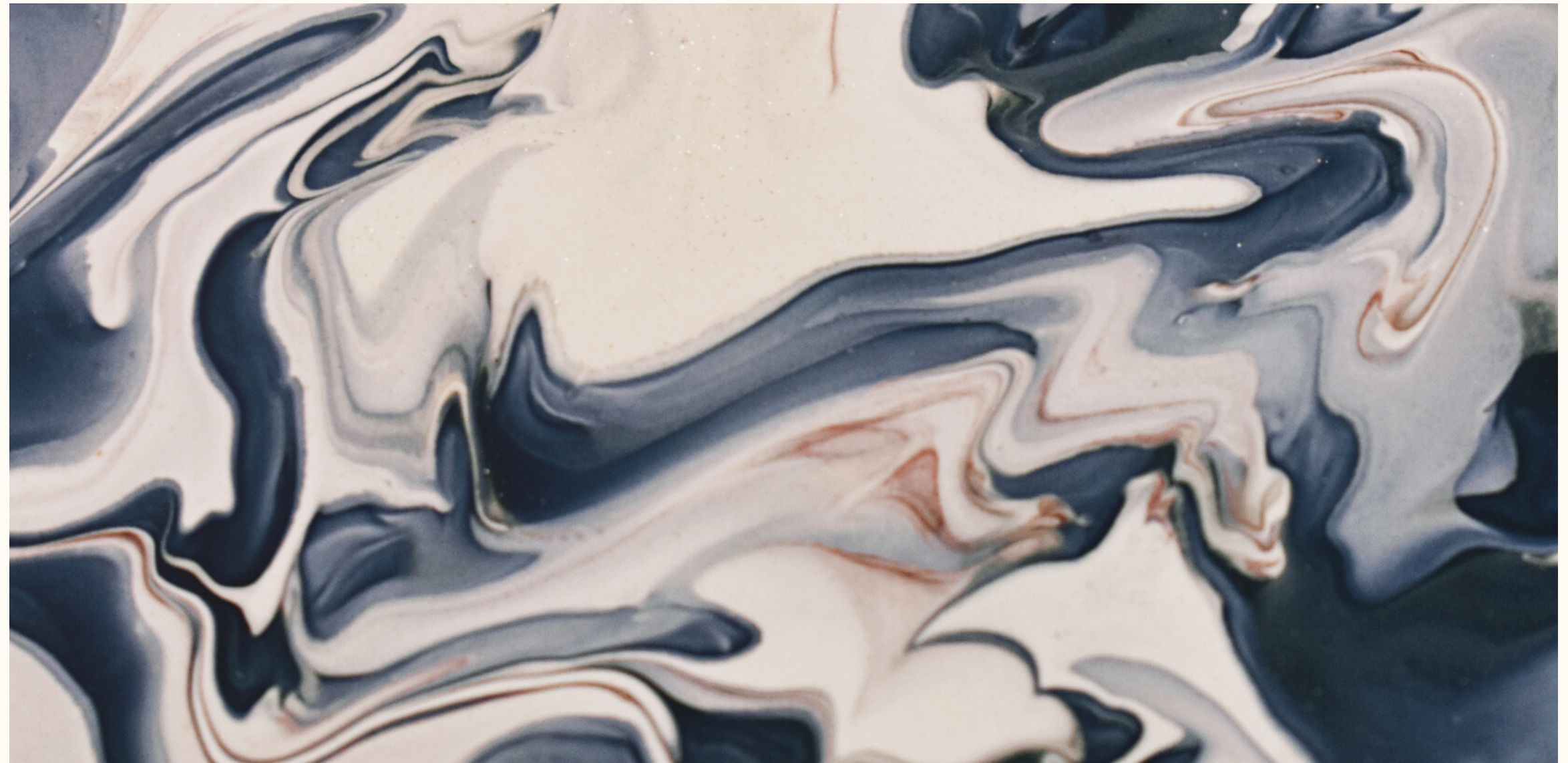
A vertical strip of marbled paper on the left side of the image, featuring swirling patterns of dark blue, light blue, white, and beige.

# 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

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Questions

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Insights

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How did my story impact you today?

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Don't hesitate  
to seek  
professional help.







# Thank you!

Send a message at  
[wesurvivedtrauma@gmail.com](mailto:wesurvivedtrauma@gmail.com)  
if you have any questions or  
comments.



Please visit  
& follow:

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