

How providers and others can be helpful

Encourage

Don't blame, shame or punish

It's not my fault

Listening Matters!

Listen to me without judgement

Take into consideration that your 'INTENTION' might be good — however the 'IMPACT' could be destructive & re-traumatizing for me

Don't make assumptions about me

The best answers come from within

Support
Mind Body
& Healing

Offer
Alternatives
to

Traditional
Services

guide

SUPPORT



If you are interested in getting connected and learning more about us please see below:

We Offer

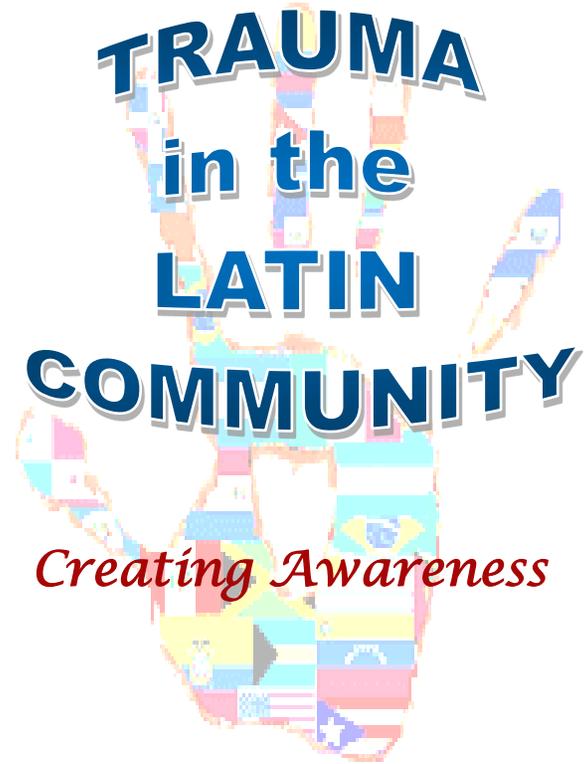
- ◆ Peer Support
- ◆ State-wide Peer Support Groups
- ◆ Information on upcoming trainings that are in Spanish and in English
 - ◆ Advocacy
- ◆ Community-based Spanish interpreting for events, conferences and trainings

Our Vision

We are people with lived experience of trauma and/or mental health recovery. We support each other by sharing our personal recovery stories and by respecting our cultural differences, values and beliefs.

We believe that everyone's personal journey to recovery is unique.

Latinos en Acción
 The Transformation Center
 100 Magazine Street
 Roxbury, MA 02119
 Telephone: 617-442-4111
 Fax: 617-442-4005
<http://www.transformation-center.org>



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What is Trauma?

People define trauma in many different ways. One person said, "Trauma is something that happened to me that still haunts me today. If it's not, it sure did for a long time."

- Beth Filson



Latinos en Acción - Trauma and Self-Inflicted Violence Conference, May 2013

Why does it matter?

"Trauma alters my life and can impact my ability to manage my life in a positive manner. Trauma changes my concept of reality. Trauma pushes me to take unhealthy risks, causes me to feel afraid — to lose my trust in others — to lose hope of living a better life."

- Retreat Participant



It is my dangerous secret!

What is the impact of trauma in my life?

- ◆ Affects relationships with family and friends
- ◆ Creates guilt and shame
- ◆ Calls into question beliefs about spirituality
- ◆ Destroys trust in myself and others
- ◆ Changes how I view my reality
- ◆ Can cause self aggression

However, I can heal!

Why is it important to talk about trauma in my Latin Community?

It is very difficult to talk about trauma in the Latin Community, especially about sexual, physical and emotional abuse within the family. For many of us it is common in our culture to want to protect our families and ourselves by not speaking about these experiences.

What happens when we dare to speak about these experiences in order to heal from our trauma?

"We find many barriers, but we learn we are not alone and realize we are resilient and our goal is to recover."

- Carlos

Today many of us choose to share our recovery stories of lived experience as a way to raise awareness about trauma and healing. We want others to know what helps and what heals!

"I know all the answers are within me, I want your support to help me find them." - Vivian