



# Keeping Your Cup Full:

Self-care is Essential to Trauma Informed Advocacy

**Tuesday, October 11th** 3:00-4:30pm Eastern / 12:00-1:30pm Pacific

Self-care is essential to providing trauma-informed advocacy. This webinar will offer strategies for dealing with daily work related stress, will increase awareness of the issue of vicarious trauma, and will provide ideas in order to gain organizational support to help sustain and support those working with survivors of trauma.



**Presenter:** Vanessa Timmons

Vanessa Timmons is the executive director of the Oregon Coalition Against Domestic and Sexual Violence. She is an accomplished writer, activist, and storyteller dedicated to exploring the healing power of words. She recently completed her guided journal *The Way of The Heroine*.

**Register:** <https://bwjp.ilinc.com/register/httykmp>

**Questions?** [nrcdvTA@nrcdv.org](mailto:nrcdvTA@nrcdv.org)



National Resource Center  
on Domestic Violence

Domestic Violence  
Awareness Month