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**Mental Health Awareness Project Presented By:  
CTLDomGroup, Inc., and  
Women Veterans United Committee, Inc., (WVUCI)**

**Veteran Service Organizations bring awareness and break barriers.**

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**Camp Springs Elks Lodge #2332  
7350 Temple Hill Rd, Temple Hills, MD 20748**

**Dates**

- **January 13, 2025**
- **February 10, 2025**
- **March 10, 2025**

**Time: 10:00am – 11:00AM**

**Contact: Dr. Tiffany Daniel at 202-498-5678**



## Trigger

A trigger is anything that sets you off emotionally and activates memories of your trauma. It's particular to you and what your experience has been.

Triggered, we revert to the feelings and behaviors we had in the traumatizing situation

- Healing from trauma: A survivor's guide to understanding your symptoms and reclaiming your life.