

# Understanding your own trauma

To support your emotional wellbeing, this online course is designed to help learners to:

- understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

Created by experts in trauma and recovery  
Private, self-paced learning available any time



[www.inourplace.co.uk](http://www.inourplace.co.uk)

Residents of **WALSALL**

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**Family Hubs**

Supporting families to live happier lives

Use Access Code

**HIPPO**

