

Trauma-informed care expert **Karyn Harvey** and **Milestone Health Care Quality Unity Northwest** are launching an **Anti-Loneliness Initiative**

Relationship Training

This training will discuss sources of trauma and emotional pain for people with intel-lectual disabilities. It will look at key ingredients for healing, with a focus on healing through relationships. The importance of relationships, in particular, meaningful friendships and possible love relationships, will be discussed. How to teach skills, facilitate connections and support healing relationships will be explored. *This training will be offered in two separate locations:*

November 7, 2022 | DuBois, PA
9:30 a.m. – 2:30 p.m.
Luigi's Villa (lunch provided)

November 9, 2022 | Erie, PA
9:30 a.m. – 2:30 p.m.
Ambassador Conference Center
(lunch provided)

To enroll, visit <https://northwesthcqu.learnupon.com>

Facilitators Training

This exciting opportunity is open to people interested in facilitating social groups with a focus on relationship skills. There will be a facilitators training in which group facilitation and relationship training skills will be taught. In addition, there will be follow-up zoom meetings on a regular basis to provide ongoing support for facilitators. *This training will be offered in two separate locations:*

November 7, 2022 | DuBois, PA
3 – 4:30 p.m.
Luigi's Villa

November 8, 2022 | Erie, PA
1 – 2:30 p.m.
Blasco Library, Admiral Room

To enroll, please email your interest to: atobolski@MilestonePA.org

If you would like to learn more about becoming a facilitator, check out our interview with Karyn at: <https://youtu.be/clmaOGHDoZA>