

ashRISE

Remember. Imagine. Shape. Empower.

Aug 1- Sep 5: Sundays 9-10:30pm EST / 8-9:30pm CST



A six-week workshop focused on transforming trauma into hope through strategies, creativity and connection. You deserve time for you.

The workshop is:

- ✓ Interactive
- ✓ Trauma Informed
- ✓ Virtual
- ✓ Creative
- ✓ Free



The workshop offers:

- ✓ Practical coping strategies
- ✓ Defense mechanism training
- ✓ Safe space: autonomy to choose
- ✓ Completion of a creative expression
- ✓ Complimentary PDF toolkit

with Tiffini Johnson as facilitator



CERTIFIED AS A MAP (MEDICAL ACCOMPANIMENT PERSON), GUARDIAN AD LITEM, COMPASSIONATE TRAUMA ADVOCATE, AND AS A TRAUMA INFORMED COACH BY THE INTERNATIONAL PRACTITIONERS OF HOLISTIC MEDICINE, TIFFINI IS A HOTLINE SUPPORT SPECIALIST, VOLUNTEER LIAISON AND MEMBER OF THE SPEAKER'S BUREAU FOR RAINN AS WELL AS A MEMBER OF THE NONPROFIT A.N.A.'S FRIENDS BOARD OF DIRECTORS. SHE'S AUTHORED 16 BOOKS THAT FOCUS ON THE EFFECTS OF TRAUMA, LEADS WORKSHOPS FOR SURVIVORS, AND AN ONLINE BOOK CLUB CALLED CHAPTER CHATS. BY DAY, SHE SERVES THE HOTEL INDUSTRY THROUGH REVENUE MANAGEMENT. SHE IS A MOTHER, LOVER OF CHOCOLATE, HORSES AND THE MOUNTAINS. SHE IS ALSO A SURVIVOR OF RAPE.

**To RSVP: email Tiffini at tiffini@tiffinijohnson.com
www.tiffinijohnson.com**