

GRAY MATTERS

Free Brain Health Workshops



Moving Forward
with Intention

The Brain's Role in Healing & Building Resiliency After Trauma

The past few years have been very challenging for us all. We have all experienced collective trauma, even if we were spared a personal tragic loss. Join us as Lynn Breuer, LMSW, CDP, helps us normalize our experiences and talks about the critical role our brain plays in processing our emotions as well as recovering from trauma and emotional distress. Lynn will share strategies and explain how we can grow, heal and build resiliency as we move forward with intention.

Wednesday, May 18, 2022

1-2:30pm

Register in advance for this Zoom event at:

<https://us06web.zoom.us/meeting/register/tZAodOCpqTopHtKpeFw2HQzWfSiihSGYMq7K>

After registering, you will receive a link via email to join the meeting.

About the Presenter:

Lynn Breuer, LMSW, CDP is a national speaker, offering a variety of presentations in the community both in-person and more recently on virtual platforms. She is a licensed clinical social worker, a Certified Dementia Practitioner, a Health Coach and a New England Cognitive Center Master Program Trainer. Lynn is currently the Senior Director of Community Outreach & Wellness at Jewish Family Service of Metropolitan Detroit, overseeing several programs within the older adult services department, including Mind University, an innovative cognitive wellness initiative, ElderCare Solutions of Michigan, an intensive geriatric care management division, and individual and group health coaching offerings. Lynn serves as adjunct faculty at Madonna University's School of Social Work and is a member of the Board of Directors at The Senior & Caregiver Resource Network.