

# Understanding your own trauma

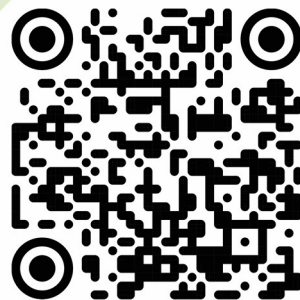
Expert trauma guidance easily accessible whenever you need it: for your emotional wellbeing

- Gain understanding of the diverse nature and impact of trauma
- Find effective ways to process trauma
- Follow steps in your own time for a learning journey that nurtures resilience

[togetherness.co.uk/northern-ireland](https://togetherness.co.uk/northern-ireland)

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