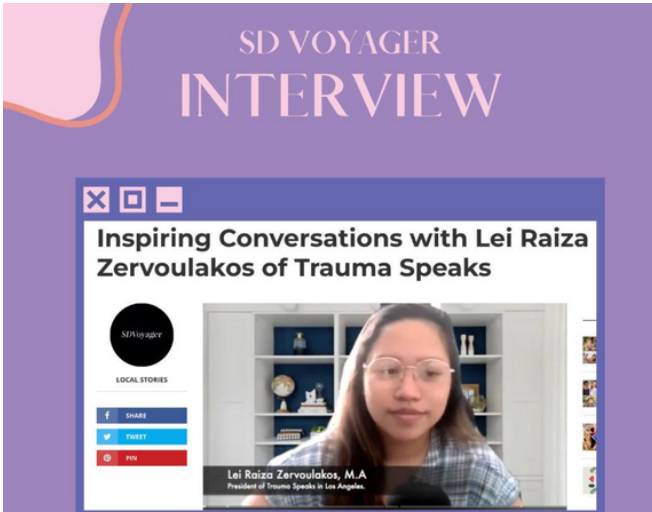


TraumaSpeaks Highlights of 2023



2 Interviews



8 Virtual Events



\$1K Grant!



2 Fundraisers

January Newsletter 2024

hello

New Year, Who Dis?

We all set goals and resolutions at the start of every year, hoping to maintain them throughout the year. While there's absolutely nothing wrong with getting our lives together, the problem is the pressure we put on ourselves in the process.

In 2024, let's focus on embracing the beauty of setting realistic goals, prioritizing self-compassion, and laying the foundation for a mentally nourishing and mindful year. Join us as we explore how morning rituals anchor us in the present moment and help us stay calm throughout the day.

A Mindful Year



In creating a mindful year, we set meaningful intentions and make a plan to achieve them. Finding opportunities for mindfulness in our daily lives can be as simple as dedicating some "me" time or doing things & activities that bring us joy. That way, we can be more mindful in our interactions.

ShopRaise



We're on ShopRaise so every time you make a purchase, you're donating to our cause. It's a quick and easy way to help ensure we can thrive as a non-profit. Thank you for your support!



Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of the TraumaSpeaks community! Keep up with our latest events, blog posts, podcast episodes, and more!

@traumaspeaks

E: admin@traumaspeaks.org

W: traumaspeaks.org

WELCOME TO OUR

January Newsletter

we're so glad you're here!

2024



New Year, Who Dis?

At the start of every new year, we set a multitude of goals and resolutions we hope to maintain throughout the year. In the process of getting our lives together, most of us put too much pressure on ourselves. We often give up on our resolutions before we even start because we end up feeling overwhelmed and frustrated.

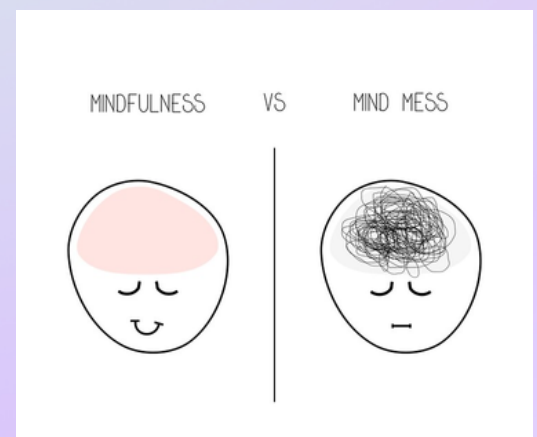
In 2024, we're embracing the beauty of setting mindful goals, prioritizing self-compassion, and laying the foundation for a mentally nourishing and mindful year. Like planting a seed and watching it grow, giving it the right environment so that eventually, it blooms into something beautiful.

Join us as we explore how mindfulness rituals can help us stay focused, clear our minds, and set intentions for a grounded, and productive year.

365 Days of Mindfulness

THE ART OF SETTING GOALS MINDFULLY

Mindful goal-setting isn't about rushing into resolutions; it's a deliberate and thoughtful process. It invites us to step back, reflect, and set intentions that align with our values and well-being.



THANK YOU!



Our 2023 at a Glance

WE HAD A LOT OF REASONS TO BE THANKFUL THIS YEAR

Wow, thanks to our amazing friends and supporters, we had an amazing year! Together, we accomplished so much! We made some truly meaningful connections through our fundraisers and virtual events. We also raised enough funds, which helped us secure a grant of \$1K. And let's not forget about our yearly Mental Health Fest - full of amazing speakers, sharing inspirational lessons.



2 Interviews

In an inspiring interview with SD Voyager. Our founder, Lei Raiza Zervoulakos, discussed TraumaSpeaks' mission and its journey through the years.

[CHECK IT OUT!](#)



8 Virtual Events

A lot of fun & insightful events were held this year. Some topics we covered were: mindfulness, trauma & its effects, mental health in the Latino community, and so much more.

[CLICK TO WATCH](#)