

January Newsletter



January is known as **Human Trafficking Prevention Month**. It is a key time for us to educate ourselves and others about human trafficking, and learning to spot the signs of trafficking. There are almost **25 million** victims of trafficking in our country. It's important to protect and empower survivors of all forms of human trafficking, to prosecute traffickers, and to bring an end to human trafficking around the world.

New Year Resolutions



For new years, setting goals might work for some, but others may find it difficult to maintain new habits. Research has shown that making simpler and more attainable goals yields better results. Also, making them into a list and displaying them as a reminder can help keep you motivated throughout the year. If you find it difficult to change old habits, it's important to try to reframe the situation so that the routine around the habit can be restructured!

Join Our Community

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

You can also find us on AmazonSmile so that 0.5% of your total purchase gets donated to us!

@traumaspeaks

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2022 Year-End Review

Podcast Engagement

796

Total Plays

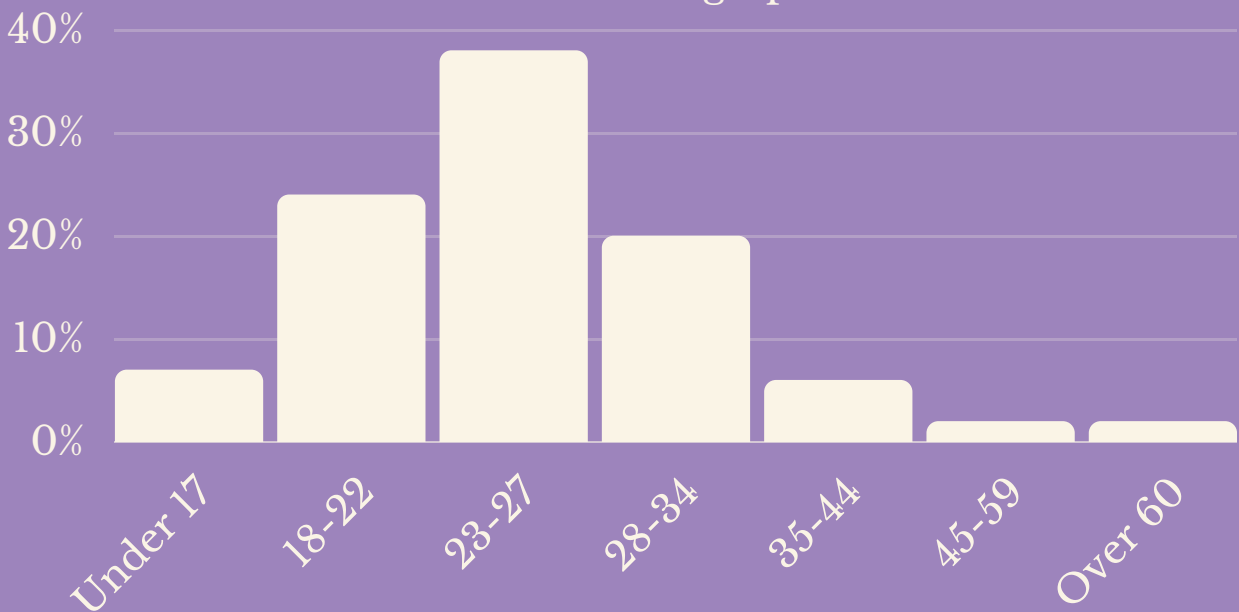
EP 17

Most Played

29

Countries

Listener Demographics



Facebook Engagement

4,739

Followers

4,840

Likes

77

Group Members

2022 Year-End Review

Website Engagement

446

Views/Visitors

\$2,471.45

Total Donations

Events

6

Total Events

1. Mental Health & Wellness Fest
2. Therapeutic Yoga Workshop
3. Meditation Workshop
4. In-person Workshop for STEM Students
5. Virtual Workshop for STEM Faculty
6. Holiday Blues IG Event

5

Collaborations

2

Clients

4

Partnerships

1

Interview