



## TRAUMA PRACTICE

**Trauma Practice for Healthy Communities**

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### **For Immediate Release**

**Trauma Practice for Healthy Communities offering Free On-Site Resiliency Support, Gentle Conversations and Resources  
for City of Toronto Commemorative Day  
Remembering the Yonge Street Tragedy April 23<sup>rd</sup>, 2019 Mel Lastman Square**

April 23<sup>rd</sup> marks the one-year anniversary of the Yonge Street Tragedy in the Willowdale neighbourhood. In honour of the victims and the injured, Trauma Practice for Healthy Communities will join the community effort along with the City of Toronto, We Love Willowdale, Victim Services Toronto, Tyndale Family Life Center, and St. John's Ambulance Therapy Dog Services. Trauma Practice will bring up to 8 volunteer team members in support of this community event. Join us throughout the day for gentle conversations and resources on Resiliency, Support and Recovery after trauma.

President and Founder, Dr. Anna Baranowsky, felt it was the right time to offer our services in this public setting, stating, *"Healing after trauma demands many acts of kindness –showing up makes the difference between isolation and connection."*

Trauma Practice for Healthy Communities (TPHC) is a trauma care initiative anchored in a community-based outlook. The programs offer resiliency strategies that reinforce connection and reduce stigma on the journey toward healing and recovery. TPHC provides services to trauma survivors in need in an overburdened system.

Using the power of communal and group programs we are combatting trauma and isolation together with clinician-led therapeutic tools. TPHC reaches out to create healing communities and social networks that build and establish support where it counts most. Trauma Practice aims to make trauma recovery a reality for everyone with free and "Pay as You Can" access to group support, educational programs, tools, and online resources.

It takes a community to heal. #TOSTRONG

For more information regarding Trauma Practice and its initiatives please go to [www.traumapractice.org](http://www.traumapractice.org) or contact our Director Ya'ara Saks at [director@traumapractice.org](mailto:director@traumapractice.org).