

Black Women and Unresolved Trauma

Wednesday, April 16, 2025
12 p.m. – 1 p.m.

Guest Speaker:

**Chantelle Farris Stokes, MA, DDiv,
LADAC II**

Owner, CS Counseling Services



Unresolved trauma results when scary, dangerous, abusive or violent experiences affect our sense of well-being. Join us to learn more about the disruptions that unresolved trauma can cause, and what can be done to help. A question-and-answer session will follow the discussion.

Join us on Zoom: <https://mlh-org.zoom.us/j/99257097162>

Meeting ID: 992 5709 7162

For more information and link to Zoom meeting, visit

www.methodisthealth.org/kitchentabletalks.



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