

Trauma Matters Omaha is excited to announce its first online trauma training. At about an hour in length, the [Trauma Overview](#) is a great introduction into understanding what trauma is, how it impacts the brain and the body, and the power of resilience.

To gain access to this free training, visit the "events + training" page at www.traumamattersomaha.org or follow this link: <https://traumamattersomaha.learnupon.com/store>

We're excited to offer an online training that makes this content accessible to more people. Please share this opportunity with all of those you think would benefit. Look forward to more online trainings in 2020.



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Trauma Matters Omaha is a collaborative effort of Project Harmony and many other partners.