

ACTIVITIES:

- Co-facilitated a support group at the New Orleans National Convention with Drs. Tom Berger and Tom Hall. By way of engaging in a series of communications exercises, the group was able to appreciate the effectiveness and value of peer support. The experience was so well received that plans are to incorporate like sessions at future national events.

In conjunction with this session, we received a number of requests for information about PTSD '2' facilitator training. We have responded to these individuals and will be conducting facilitator training mid-November. If you are interested in attending this or a future facilitator training, please contact either Elayne Mackey (mmm4evr1@aol.com) or Nina Schloffel (neenr@att.net).

- The holidays are especially difficult for those living with PTSD. As has been our practice, we distribute handouts that can help in navigating through the next couple of months. These will be emailed to our PTSD '2' facilitators at the end of October. PTSD '2' or not, we encourage all our AVVA members to take special care of themselves during this holiday season.

Elayne Mackey, PTSD '2' Program Co-chair
Nina D. Schloffel, PTSD '2' Program Co- Chair