

RESILIENCE RISING:

Understanding Trauma & the Path to Healing

A Community Education Event Hosted by
St. Clair County Community Mental Health, St. Clair County Child Abuse
and Neglect Council, and P.S. You're My Hero

Join us for an engaging and educational morning focused on understanding trauma, exploring evidence-based practices, and learning how resilience can support healing. This in-person event will feature expert speakers, lived experiences, and practical tools for individuals, families, and professionals. Resources and refreshments also included.

Friday
April 17, 2026

9:00 a.m. - 12:00 p.m.

Municipal Office Center Auditorium
100 McMorran Blvd., Port Huron

Registration:

This event is live-only and offered at **no cost**. Open to the public.

Please register using the **link or QR Code**:

<https://tinyurl.com/3cdejwb3>

For questions regarding registration or assistance with ADA accommodations, contact Tammy Lake at (810) 966-2597 or tlake@scccmh.org.



Featured Presenters & Topics

Trauma Basics: Understanding Trauma & the Fight-or-Flight Response

- Julie Jowett-Lee, LMSW

Personal Stories of Lived Experience

- Mara McCalmon
- Victor Polito
- Jesse Wiegand

Evidence-Based Practices

- Children & Trauma, PTSD & Veterans, Secondary Trauma

St. Clair County Prosecutor's Office Victims' Rights Unit

- Mike Wendling, Prosecutor

The Characteristics of Resilience

- Dr. Tana Bridge

Continuing Education:

3.0 Social Work CEs are offered. St. Clair County Community Mental Health is a current Unlimited Provider with the NASW-Michigan Chapter (20260428-UP-SCCCMH). Peer Credits pending.