



**JUNE 15 | 10 AM – 3 PM | DOORS OPEN 9:30 AM**  
 Winchester Thurston Upper School Building  
 455 Morewood Ave Pittsburgh PA 15213

**Bring Your Own Bag Lunch**  
**Refreshments Provided**  
**Community Resource Tables**  
**Earn CEUs & Act 48 Hours**



**Surviving to Thriving, Bridging the Gaps:  
 Working Together to Support Holistic Wellness  
 Throughout Pittsburgh**

Creating collaborative conversations on the impact of early childhood adversity and trauma on cognitive, emotional, and physical development along with interpersonal relationships and life choices.

**REGISTER AT [OMAPITTSBURGH.ORG](http://OMAPITTSBURGH.ORG)**

**412-480-8104 | All Are Welcome | Donations from the Heart Greatly Appreciated**

Surviving to Thriving provides the knowledge and applicable holistic skills which can be used with a diverse population of children, youth, adults, families and the elderly to provide alternative options for healing, growth and the ability to ‘thrive’ in one’s life, family and community.

- Develop greater awareness about the needs that exist for healthy youth development and for communities where all can thrive.
- Act as a bridge designed to connect educators, community organizations, families, and professionals across the generations and the healthcare spectrum.

**Plenary Speaker**  
 Allegheny Intermediate Unit (AIU)  
 One School That’s Making a  
 Difference  
*Ron Graham*

**Workshops Options  
 Round 1**  
 Understanding Implicit Bias  
*DBA Training Solutions*  
 ACEs & Trauma  
*Dr. Lovie Jackson-Foster*

**Workshops Options  
 Round 2**  
 Supporting Self-awareness &  
 Self-regulation in Youth  
*Desiree Jennings*  
 Mental Health First Aid:  
 What’s in It for Us?  
*Anita D Russell, M.Ed.*

**Closing Panel Discussion**  
 Gail Hunter, LCSW, BCD

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