



PEER2PEER SUPPORT GROUP

Trauma and Resilience

The Peer2Peer Trauma and Resilience support group is a student made and student facilitated program that aims to help support TCNJ students who have experienced trauma and learn skills for developing resilience. Starting September 22nd, every Wednesday from 2-3 pm, join trauma-trained AmIOK Ambassadors, Tulika and Sophia, for a safe, confidential space for conversations.

Reach out to our email, amiok@tcnj, with any questions!

Week 1 (9/22): Myths & Misconceptions of Trauma

Week 2 (9/29): Adverse Childhood Experiences (ACEs)

Week 3 (10/6): Gaslighting & Manipulation

Week 4 (10/13): Sexual Assault & Rape

Week 5 (10/20): Post-Traumatic Stress Disorder (PTSD)

Week 6 (10/27): Mental Illness

Week 7 (11/3): Stigma

Week 8 (11/10): Relationships & Friendships

Week 9 (11/17): Mental Health During the Holidays