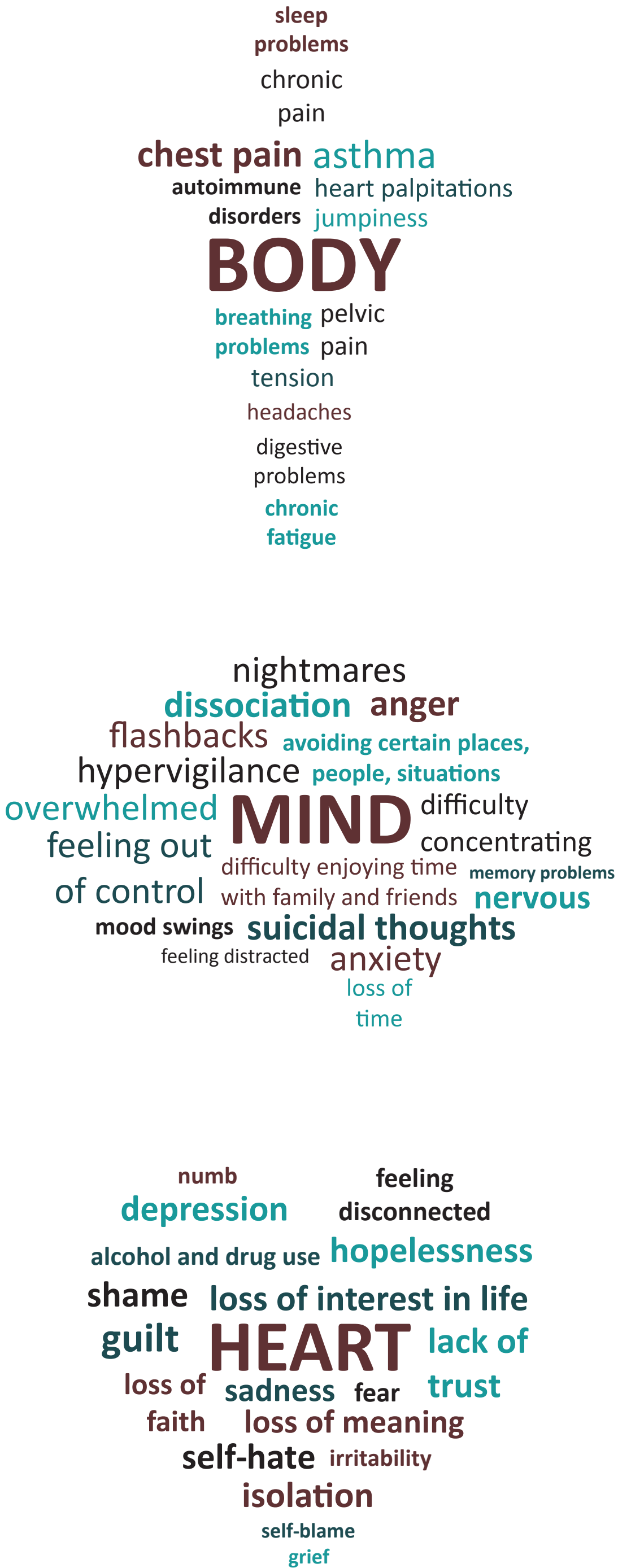


# WHAT ARE THE EFFECTS OF TRAUMA?



Trauma affects everyone differently.  
People can and do heal from trauma.

Download the *BC Trauma-Informed Practice Guide* from [www.bccewh.bc.ca](http://www.bccewh.bc.ca).



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