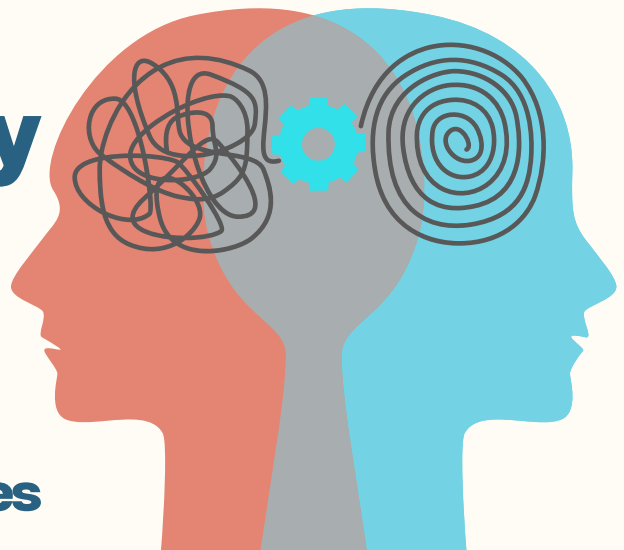


# Clear Thinking Trauma Recovery

Join us for an exploration  
of how trauma impacts our  
brain, body, behavior and beliefs.  
And how to find healing!



## A Three-Part Interactive Series

1

FRIDAY

**MAY 9**

2PM - 5PM

OR



SATURDAY

**MAY 17**

8AM - 12PM

### AWARENESS

- Understanding trauma, and its effects.
- Discovering the Clear Thinking Method.

**\$85**

2

SATURDAY

**JUN 7, 2025**

8AM - 12PM

### STRENGTH

- Applying Clear Thinking techniques for personal healing, emotional regulation, and resilience building.

**\$85**



3

SATURDAY

**JUL 19, 2025**

8AM - 3PM

### EMPOWERMENT

- Learning how to support and guide others through trauma-informed approaches.
- Experiencing tool of Art Thinking.

**\$135**



**clearthinking**  
solutions



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For More Info Contact

Karen D. Wood, Interim Executive Director, LCSW

karen@clearthinkingsolutions.org Text 559 905-9088



**Clear Thinking Solutions, Inc. is a community-based organization facilitating trauma-informed and resilience-building training for organizations and individuals.**

**We provide compassionate interactive activities including neuroscience education, Art Thinking therapy, and practical self-care options.**

**If you or your organization would like to experience a training or get involved with our organization please reach our Interim Executive Director, Karen D. Wood at [karen@clearthinkingsolutions.org](mailto:karen@clearthinkingsolutions.org) or text 559 905-9088.**

**We are looking forward to coming alongside you in your learning and healing journey.**

### **Mission**

We train individuals and communities to understand scientific brain functioning and to utilize accessible and efficient strategies for the purpose of promoting tension-free, strength-based thinking.

### **Vision**

Building sustainable hope for our communities and people everywhere to identify and cultivate their mental, emotional, and relational strength.