



Free Mental Health Lecture

Shedding Light on PTSD

People suffering from post-traumatic stress disorder (PTSD) are experiencing a normal reaction to an abnormal event. This response, though, can overwhelm one's coping mechanisms. This hour-long presentation will explore the process of helping those suffering with PTSD to manage the behavioral, emotional, cognitive and physical responses to a traumatic event. Attendees will learn about symptoms of and support available for PTSD.

May 22, 2018 at 7 p.m.

LOCATION

Antelope Valley Hospital | Community Resource Center
44151 15th Street West, Lancaster



**ANTELOPE VALLEY
HOSPITAL**
A facility of Antelope Valley Healthcare District

avhospital.org



Presenter

Roger Girion, Ph.D.

Executive director of mental health services for AV Hospital. Drawing from more than 30 years in the mental health field, he is passionate about educating the public on mental health issues.