



**Joddie Walker**  
CERTIFIED TRAUMA SPECIALIST

Connect with a Certified Trauma Specialist

# Your Mental Health Matters!

While we are accustomed to seeking medical attention when we're physically unwell or visiting a mechanic when our car needs fixing, it is equally crucial to have a trusted resource for mental health support.

With bi-annual or quarterly mental health wellness sessions, we can monitor common Occupational Stress Injury symptoms.

By proactively connecting with a trauma specialist, you can address any underlying issues before they escalate into something more challenging. We'll develop strategies tailored specifically to your unique circumstances, helping you navigate life's challenges with resilience and strength.

**Investing in your mental health is an investment in yourself. Take the first step by scheduling an appointment.**

**CALL: 289.383.0355**

Or eMail us at:  
[HummingbirdFrontOffice@gmail.com](mailto:HummingbirdFrontOffice@gmail.com)



**HUMMINGBIRD  
Therapy|Clinic**  
TRAUMA TRAININGS  
& PSYCHOTHERAPY

**LEARNING  
SPOTLIGHT**

**Common Occupational  
Stress Injuries For  
Front Line Workers**

**90 MINUTE  
WORKSHOP  
& A 15 MIN. Q&A**

**DATE**

TBA

**LOCATION**

TBA