



Trauma
Recovery *hope for healing*
Associates



www.TraumaRecoveryAssociates.com

What is RENEW?

RENEW is an anonymous independent study program created by TRA to help people recover from the stress and anxiety of the pandemic.

What is RENEW about?

RENEW addresses six topics: Caring for your Body; your Mind; your Emotions; your Behaviors; your Spirit; Yourself. They are all aspects of our lives that can be affected by the pandemic and its consequences.

How much does RENEW cost?

RENEW is a free program thanks to the financial support of generous donors.

How do I access RENEW?

Go to TRA's website www.TraumaRecoveryAssociates.com to the RENEW logo on the home page. Click on Learn More.

1. Register (anonymously) and create your own access code and password.
2. Watch an introductory video
3. Download the printed materials for yourself to read and do the "homework"

There are 6 units; you can download them anytime you access the website. There's also a concluding video.

Are there more resources available?

The website also contains a new workbook on the process of Forgiveness. The topic of forgiveness is introduced in RENEW. However, the workbook is independent of that program and requires nothing to access and download.

How can I help TRA?

Participants are invited to participate in research to help TRA assess the effectiveness of RENEW and maintain a quality program. There are 10-minute surveys at the beginning and end of the program. The surveys are totally anonymous and only require you to use your personal access code and password. The first survey asks for demographic information, and the survey at the end of the program includes some evaluation questions.

You can register for **RENEW** by going to TRA's website: www.TraumaRecoveryAssociates.com.

RENEW está disponible en español; el program se llama **RENOVARSE**. Clic en Aprende Más.

RENEW: Refreshing, Enriching, and Nourishing Essentials for Wellbeing

RENOVARSE: Reanimarse, Enriquecerse, Nutrirse, Orientarse, Visualizarse, Adaptarse, Realizarse,
elementos que Son Esenciales para su bienestar