

# Growing Hearts: Finding Connections Post-Injury

FEBRUARY 2025 TRAUMA SURVIVORS NETWORK VIRTUAL SUPPORT GROUP

trauma survivors  
**network**  
provided by **ATS**  
survive. connect. rebuild.

**ATS**  
American Trauma Society

# Welcome

We're glad you  
joined in.

Here's how to best  
participate in this  
virtual group.

# What to Expect

- ▶ Introductions
- ▶ Group Activity/Discussion Prompts
- ▶ Follow Up Email

# This is a Safe and Brave Space

- ▶ Safe
- ▶ Confidential
- ▶ Respectful





# **Additional Support and Resources in the United States**

**United States  
Suicide and Crisis Lifeline  
988**

# Additional Support and Resources in Australia & Canada

**Australia:  
Lifeline –  
13 11 14**

**Canada:  
Crisis Services  
Canada –  
1-833-456-4566**

# Introductions

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First Name

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A little bit about your  
survivor story

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How ready are you to  
participate today?

- 
- What does connection mean to you?
- 
- How have your relationships changed post-injury?
- 
- What has helped you build new connections?



Growing Hearts



# Reflecting on Connections

♥ Who is one person who has supported you?

♥ What is one way you have helped someone else?

♥ What is one hope for future connections?



**How do you find and  
nurture connections?**

# Thanks for Joining In!

- ▶ Would you like to connect one-on-one with a TSN Peer Visitor online?
- ▶ Are you getting the monthly TSN Group Registration Invites via e-mail?
- ▶ E-mail [TSN@amtrauma.org](mailto:TSN@amtrauma.org)

