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

American Trauma Society

MAY 2025
TRAUMA SURVIVORS NETWORK
VIRTUAL SUPPORT GROUP

WHAT DOES IT MEAN TO BE A SURVIVOR?

WELCOME

We're glad you joined in.

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

WHAT TO EXPECT

INTRODUCTIONS

GROUP ACTIVITY& DISCUSSION

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

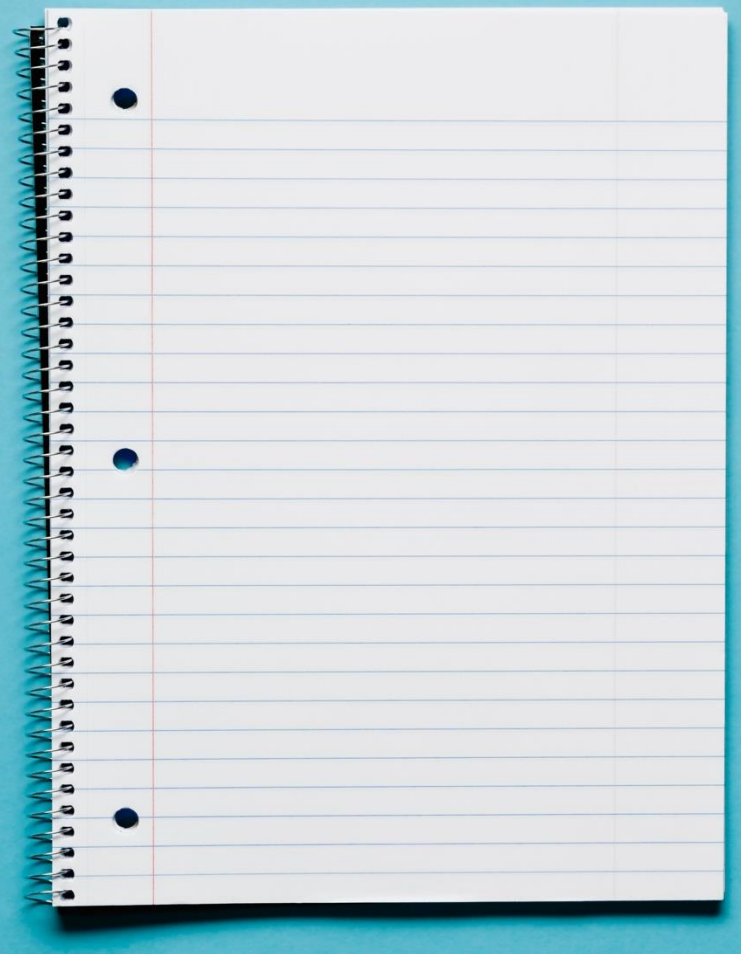
First Name

A little bit about your survivor story

If you had to name your '*survivor superpower*'—something you've gained or discovered in yourself since your injury—what would it be?"

GUIDING QUESTIONS

- Finish the sentence:
  - I am a survivor because…
  - The first time I thought of myself was a survivor was when…
  - My definition of survivor is…



ACTIVITY: TRANSFORMATION

When thinking of yourself before and after your injury, how would you describe the transformation of your self or identity into one of a survivor?

What's something you're proud of in the person you've become?

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

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

ATS
American Trauma Society