

	Katie Moffitt	Community Member	x	Jeff Stern	United Way
	Shifflett, Christa	Warren Coalition		Rodney Culbreath	I'm Just Me Movement
	Tina Stevens-Culbreath	I'm Just Movement		LaTasha Do'zia-Earley	Community Member
x	Urum, Shannon	Norhwestern CSB		Diane Schnoor	Dr Diane's Adventures in Learning
x	Jason Craig	Valley Health, Director of Community Health	x	Connie Harrington	Community member
	Kate Simpson	I'm Just Me Movement		Sandra Himelright	NRADC
x	Troy Payne	National Counseling Group	x	Christine Langley-Obaugh	STREST LLC, The Huckleberry Alliance, Inc.
x	Sara Jenkins	ARE medical case manager	x	Mandy McCarthy	Northwestern CSB
x	Cori Pence	Northwestern CSB		Beth Waesche Garner	
	Abigail Gomez			Denise Stollinge	I'm Just Me Movement
	Shoronda Jackson	The Laurel Center		Kim Clem	The Laurel Center
	Elaine Lassiter			Tonja Stickley	Community Member/Graphic Designer
x	Dorothy Harriman	Shenandoah County Public Schools	x	Katherine Weinhold	SU Student Volunteer
x	Karen Harris		x	Wendy Werner	Friday's Child Adoption Services, ED
x	Beth G		x	Katie Vance	ARE Executive Director
x	Kaycee Childress	UWNSV, President/CEO			

**ATTENDANCE:**  
**X = Attended**

Topic:	Discussion:	Action:
<b>MEETING CALLED TO ORDER</b>	Mandy greeted everyone and reminded the group that our May 16 meeting is being cancelled so that members can attend the May 15 Triumph Over Trauma Summit at Laurel Ridge Community College.	
<b>PRESENTATION BY CHRISTINE LANGLEY-OBAUGH OF STREST</b>	<p>Founder of Strest LLC gave presentation on identifying the root of trauma and rapid memory healing modality. Retrograph.info if you are interested in the retro-graff she mentioned you can find it at <a href="http://www.retrograff.info">www.retrograff.info</a></p> <p>Learn more about the work Christine is doing in the community at <a href="https://strestllc.com">https://strestllc.com</a> Christine also demonstrated the rapid memory healing on a volunteer during this session. <a href="mailto:christine@stresstllc.com">christine@stresstllc.com</a> .</p> <p>Christine will send out information on the research behind Rapid Memory Healing.</p>	Presenter introduced Rapid Memory Healing to participants
<b>TRIUMPH OVER TRAUMA SUMMIT</b>	May 15 – still looking for volunteers. Let us know if you want a resource table email triumph over trauma gmail to request	Looking for volunteers. Let us know if you want a table
<b>WHAT HAPPENED TO YOU – BOOK CLUB</b>	Book club discussions/meetings coming up. Announced meetings locations	Information
<b>WEBSITE</b>	A website is being built thanks to Tina connecting with Micah from <a href="http://www.ingeniumbcs.com/">http://www.ingeniumbcs.com/</a> More information to come!	Information

Topic:	Discussion:	Action:
MEMBER ANNOUNCEMENT	<ul style="list-style-type: none"><li data-bbox="500 333 1230 394">• Northwestern CSB – Adult MHFA training in Mt. Jackson, March 26</li><li data-bbox="500 401 1252 462">• Young Adult Surveys – looking for individuals 18-25 to complete a VA state survey</li></ul>	Information

*Next Meeting: General Membership Meeting, Thursday, July, 18, Eagle Boardroom, Our Health Campus or via Zoom or live on Facebook.  
Respectfully submitted by Shannon Urum, April 4, 2024*