


10-WEEK PROGRAM: TRAUMA & NERVOUS SYSTEM REGULATION

A RESPECTFUL PATH TO REDUCING CHRONIC STRESS AND RESTORING CONTROL.



W1  **WEEK 1:**
Safety & Orientation

W2  **WEEK 2:**
How the Nervous System Works

W3  **WEEK 3:**
Triggers & Early Warning Signs

W4  **WEEK 4:**
Grounding & Stabilization

W5  **WEEK 5:**
Breathwork for Regulation

W6  **WEEK 6:**
Somatic Awareness & Release

W7  **WEEK 7:**
Emotional Regulation Skills

W8  **WEEK 8:**
Thoughts & Trauma

W9  **WEEK 9:**
Relationships & Co-Regulation

W10  **WEEK 10:**
Integration & Personal Plan

TAKE-HOME TOOLKIT



- ✓ Grounding tools
- ✓ Breathing strategies
- ✓ Body-based techniques
- ✓ Cognitive skills
- ✓ Emotional regulation methods

PROGRAM VALUES



VETERAN-CENTERED
Focus on stabilization, safety, empowerment



NO TRAUMA RECOUNTING
No pressure to share



SKILLS-BASED, PRACTICAL
Focus on actionable techniques



Knowledge. Skills. Support.
You are not alone in your path forward.



Contact veteranservices@121wellness.ca
for more information about our services and programs.