

# Trauma Invested Practices for Families

## Wallingford-Swarthmore School District Family Mental Health Engagement Series

### “Breaking the Cycle of Self-Harm”

For families with Students in Grades 6-12



**January 12, 6-7:30 pm via Zoom: Click [here](#)**

**Meeting details: Dial-in: 646-876-9923, Meeting ID: 951 6467 2541, Passcode: 727201**

Presented by Eve J. Cannon, LPC, ATR-BC, NCC & Vanessa Hari, LPC

**Eve J. Cannon** (she/her) is a licensed professional counselor, board certified art therapist, and holistic health coach. She has over a decade of experience working with children and adults providing clinical mental health and educational services in school, outpatient, residential, hospital, and private practice settings. Eve specializes in helping people use art as a tool to communicate and process challenging emotions and experiences, as well as upgrading lifestyle practices to improve overall wellbeing. Personally, Eve is passionate about creativity, healthy food, and spending time in nature with family.

**Vanessa Hari** (she/her) is in her third year with Effective School Solutions. With extensive training in Cognitive Behavioral Therapy (CBT) and Internal Family Systems (IFS) she finds herself drawn to helping people work through their 'stuff.' She is quick to point out inconsistencies and is actively sharing new information about Psychology, and Counseling with anyone who listens. Because of her growing knowledge sharing and psycho-education is an area she thrives in. When she isn't counseling, you can find her working on bettering herself, watching movies, doing art, walking her dog, Buddy, or baking. She wants you to know that you are worth her time!

### **Upcoming Events in the Series, 6-7:30 pm**

March 23: *Navigating Changes in the Family* (Grades K-5)

May 24: *Understanding Behavior as a Form of Communication* (Grades 6-12)