

# Connections Matter



**Connections Matter** is a workshop designed to share the science behind what we intuitively know we all need: people who care about us. Join us for a 90-minute overview of trauma, brain development, resilience, and health, strategies for increasing and improving your own connections, and tools for strengthening both personal and community resilience.

**Tuesday**  
**October 10, 2023**  
**1:30 pm –**  
**3:00 pm**

**Presenter:**  
**Tracey Wilson Heisler,**  
**MA** *Executive Director*  
*CASA of Somerset,*  
*Hunterdon, and Warren*

**1.5 General NJ Social**  
**Work Practice CEUs**

Click here to pre-register for the Zoom webinar:  
<https://tinyurl.com/8k7pjr6y>

For more information, contact  
humanservices@co.somerset.nj.us  
or call: (908) 704-6300