

**REGISTER
NOW**

Join us for an educational event: A Discussion on Mental Health

Topics covered:

- When trauma events effect on our brains, bodies, belief systems
- Fighting stigmas when things go wrong
- Boundaries: challenges in the workplace

Presentation Information:

Tuesday, March 4th, 2025
12:00 – 1:00 p.m.
PPRH Conference Room (outside rehab gym)
16420 Hwy 24
Woodland Park, Colorado 80863



We have limited seating at this event.

Registration Information:

To register for this free event, please email
Marzelle.Black@uchealth.org

Pikes Peak Regional Hospital



Meredith Shuman, MSW

Meredith Shuman is the founder of James Trail, an organization supporting the unique needs of families and organizations impacted by trauma. Meredith has over 28 years of experience serving as a therapist, trauma-informed trainer, and as a mom.

She holds a MSW from the University of Texas at Arlington and is a TBRI Practitioner. She and her husband Dan, a global health physician have been married over 30 years, and they have 5 children, 4 of whom are adopted. Meredith loves a passport with lots of stamps, a water bottle with lots of stickers, a table with lots of people, and a mountain with lots of trail.