



# COUNTY of CUMBERLAND



## Public Library & Information Center

*Winner National Medal for Museum and Library Service*

### NEWS RELEASE

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#### **Library's Public Forum Addresses Post-Traumatic Stress**

*Experts will discuss PTS and how it impacts our community*

Cumberland County Public Library & Information Center's "Post-Traumatic Stress: A Community Forum" takes place at 6:30 p.m. on Tuesday, April 23 at Headquarters Library, 300 Maiden Lane.

Panelists will discuss Post-Traumatic Stress, what it is and how it impacts our community. The program is geared to a general audience in hopes that everyone will have a better idea of how PTS affects our families, neighbors, friends and community. Audience members will have an opportunity to ask moderated questions to the panel.

Panelists include Associate Director Dr. Harold Kudler of the Veterans Administration Mid-Atlantic Mental Illness Research, Education, and Clinical Center for Deployment Mental Health and Medical Lead for the VISN 6 Rural Health Initiative; John Bigger of Southern Regional AHEC; Supervisory Psychologist Kevin Smythe, Veterans Administration Medical Center; Molly VanDuser, LPC-S, National Certified Counselor and President, Peace of Mind, Inc.; and Licensed Professional Counselor Associate and Yoga Therapist Heidi Vance. The forum will be moderated by Fort Bragg Chapter Director of Blue Star Families Kelly Henry.

A short networking session will take place after the forum with light refreshments; seating is limited.

The forum is co-sponsored by the North Carolina Association of Social Workers, which is offering continuing education credits for attending the event. For more information, please call 483-7727 ext. 1347, visit [cumberland.lib.nc.us](http://cumberland.lib.nc.us) or find us on Facebook.

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