

HOPE AND HEALING AFTER TRAGEDY

You never think it will happen in your own community. When incidents of mass violence occur, there is an immediate outpouring of generous support, but once the dust has settled, how do we invest in long-term healing?

Resiliency Centers are funded by the federal government to serve the mental health needs of communities who have experienced mass violence. The United for Waukesha Resiliency Center (UWRC), serving all those affected by the 11/21/21 Waukesha Christmas Parade tragedy, opened its doors in December 2022.

A traumatic event affects everyone differently. Some may not be affected at all, some may need help right away, and some may not need help until months or years after the event. UWRC is here for every step on that journey. Rates of PTSD in communities that have experienced mass violence are four to five times higher than the national average (NMVVRC). The same surveys found that those with low social support were more likely to experience depression and PTSD. Resiliency centers can provide a space for that social support through support groups, expressive therapies, relationships with trained service navigators, and steering committees on projects like memorials and remembrances.

The good news: Recovery is the norm. Experts in recovery from crisis events note that people can and do heal and build a new normal, with support.



United for Waukesha
Resiliency Center

UWRC AT A GLANCE

All Resiliency Centers are unique, reflecting their unique communities. The United for Waukesha Resiliency Center partners with local art and music therapists, yoga therapists, mental health providers, and more to provide programming that supports long-term healing and resilience.

The parade tragedy affected people of all ages and from a wide variety of organizations: schools, youth sports teams, local businesses on the parade route, first responders, second responders (medical, mental health, and government response), and more. UWRC has the flexibility to tailor our programming to the community and the needs they express.



GET INVOLVED

The ripple effects of an incident of mass violence are wide, and these effects are not limited to Waukesha.

You can find the United for Waukesha Resiliency Center on Instagram at [@UnitedforWaukesha](https://www.instagram.com/UnitedforWaukesha) and on Facebook at <https://www.facebook.com/unitedorwaukesharesiliencycenter>.

Share our posts and website with anyone you think may benefit. Reach out to us at helpishere@uwrc.org to get set up with services, request a presentation for your organization, or access materials like brochures to share.

Be sure to check out our upcoming event, [Resilient Waukesha featuring Healing Ink](#), this September 27-28 at Raised Grain Brewery!



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