

2nd Annual

TREKKIN'
TO HEAL
TRAUMA

World Trauma Day
October 17, 2025



IT'S
VIRTUAL

Why are we Trekkin'?

- In the US, approximately **61% of adults** report experiencing **at least one life-changing, traumatic event in their lifetime.**
- Globally, about **70% of people** will have their lives changed by a traumatic event.
- Exposure to childhood adversity has **broad, long-term consequences**—accounting for **nearly one in three adult mental health conditions.**

This is NOT just a race.

We're making a worldwide impact.

We're spreading awareness.

We're supporting those affected by trauma.

**Join us in this global movement—
step by step, mile by mile.**

- 3 ways to JOIN US IN THIS GLOBAL MOVEMENT....
(1) Create a team, (2) Join a team, or (3) Fundraise solo.
- Questions? Contact us at trek@attachtrauma.org
- Follow us on social media using **#TrekkinToHeal**
and share your journey!

More Information
and Registration

