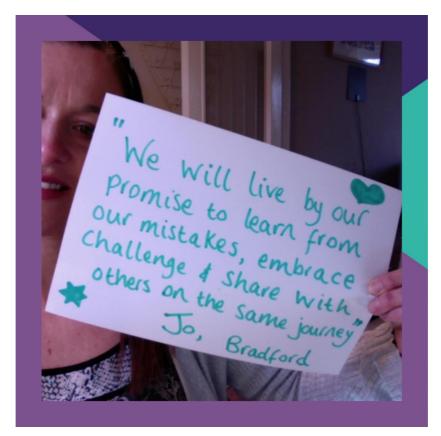


## **Adversity, Trauma and Resilience**

## This is my pledge

We will live by our promise to learn from our mistakes, embrace challenge and share with others on the same journey



Jo Howes, Public Health, Bradford

Pledge made at West Yorkshire & Harrogate, Adversity, Trauma and Resilience Knowledge Exchange

March 22<sup>nd</sup> – 24<sup>th</sup> 2021

