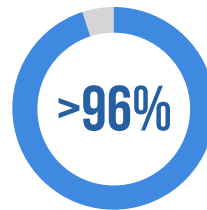


Participant Satisfaction

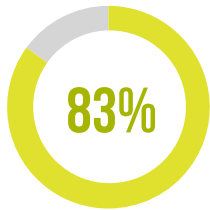
► In 2023, we sampled 153 REBOOT course participants, all who had completed a 12-week trauma healing course.



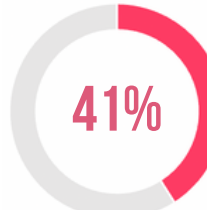
- Felt **welcome** at REBOOT sessions
- Felt their opinions on **faith/spirituality** were **respected by others**



- **Would recommend REBOOT** to a friend in the future
- Were **"quite"** or **"very"** **satisfied** with their REBOOT experience



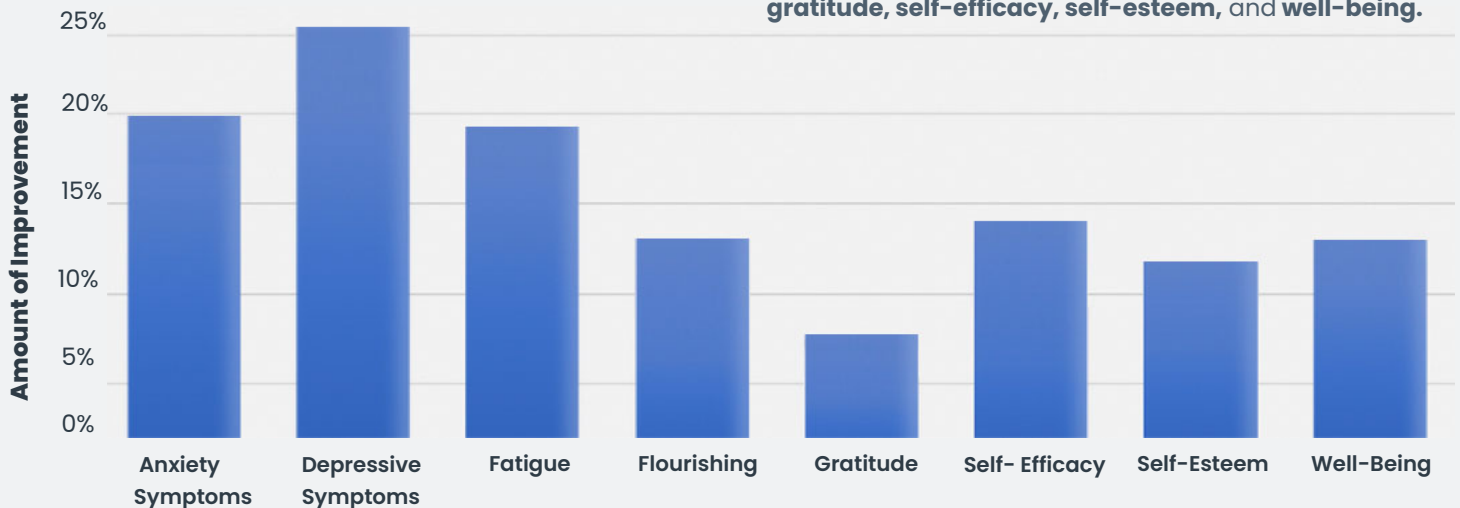
- Would like to **stay involved with REBOOT** after graduation



- Would like to **train to become a future REBOOT course leader**

Quality of Life Improvements

► Participants completed a pre- & post-survey at the start and end of the program. Results indicate **statistically significant improvements** in areas including **anxiety symptoms, depressive symptoms, fatigue, flourishing, gratitude, self-efficacy, self-esteem, and well-being.**



Who Attends Our Courses?

COURSE PARTICIPANTS

