



Deep Faith. Courageous Spirit. Action for Justice.

## **Healing Together: Navigating Election Trauma with Compassion and Hope**

October 29, 2024

Welcome

Jen Shankie, IHM JPSO

Opening Prayer

Annette St. Amour, IHM

Part 1

Andie Celerio, LCPC  
Athanasia Papaioannou, MA, PCP, ACC

Andie and Athanasia will provide tips for building resilience and practicing healthy self-care during challenging times, and offer effective strategies for communicating with family and others on divisive subjects, helping to navigate conversations, foster community and preserve important relationships.

Part 2

Barbara Paleczny, SSND

Barbara will guide us through some practical, easily do-able, enjoyable ways to help us cope with stress, anxiety and trauma ... from our past, the Pre-election stress or other personal situations. Adding some insights to understand our emotions better, Dr. Barb will add a little rationale why these 'work' to heal us, as individuals and communities, from our personal, collective and intergenerational trauma.

*Please join us for refreshments*

## Speaker Bios

**Andie Celerio** earned her M.Ed. in Human Services and Counseling from DePaul University in 2004 and is a licensed clinical professional counselor (LCPC) in Illinois. With over 15 years of experience as a legal advocate for survivors of sexual assault, abuse, harassment, domestic violence, and stalking, she has transitioned her wealth of knowledge and compassion into her work as a private practice therapist.

**Barbara Paleczny**, a Canadian School Sister of Notre Dame, PhD/StD, was taught by two great IHM Sisters: Margaret Brennan PhD and Mary Ellen Sheehan PhD at the Toronto School of Theology. She treasures a close friendship with Annette St. Amour IHM since they lived together in South Sudan and gave Healing Stress/Trauma workshops. Before that, Barbara also lived in San Antonio, Texas for ten years, teaching university and establishing the South Texas Coalition Against Human Trafficking. An educator, author and artist, Barbara is deeply concerned that we learn to listen longer to each other and speak courageously, respectfully to make our common home a healthy community for all.

**Athanasia Papaioannou**, MA, PCP, ACC, is a certified professional coach with over 15 years of experience in higher education, where she promoted leadership and equity for women and provided trauma-informed support to survivors of interpersonal violence. Athanasia specializes in helping individuals navigate life transitions with clarity, resilience, and purpose. Her approach fosters self-reflection, growth, and intentional action, empowering clients to overcome obstacles and achieve meaningful transformation.

**Annette St-Amour** served in South Africa 28 years. During the first 10 years under the Apartheid Government, Annette ministered to the people living in a Black Township where they experienced much violence and stress in their daily lives until the long awaited election of Nelson Mandela. She also ministered in South Sudan for 5 1/2 years where most of the people in the country were traumatized from 21 years of war with Sudan in the North and then were living through a new time of conflict and trauma in their newly independent country of South Sudan. There, she had the opportunity to learn, put into practice and train others in the Capacitar Trauma Healing Exercises. She, together with Barbara Paleczny and others, offered workshops throughout the country and trained other leaders in this method of popular education.