



BOUNCE BACK 2 LIFE RECOVERY NETWORK

BB2L February ROSC Meeting

Call to Order Shaquita Harris

Date: February 18, 2025

Time: 9:30 am – 11:00 am

Location: Zoom

MEETING AGENDA

Call to order: Shaquita Harris

Moderator- Shaquita Harris

Why ROSC is important...Shaquita Harris

Introduction of Speaker- Araina Mickens

Speaker- Cheralle Reeves: Recover And Rebuild

Questions & Answers

Announcements & Upcoming Events

Complete our Survey

Next Meeting Date: March 18, 2026

Location: Lights of Zion Ministries. 11636 S Halsted, Chicago, IL 60628



Meeting Minutes - BB2L ROSC Council

Date: February 18, 2025 Time: 9:30
am

Location: Zoom

Call to Order:

- The meeting was called to order by Shaquita Harris.

Welcome and Introductions:

- Shaquita Harris Conducted an Ice Breaker. Araina Mickes introduced the speaker for the hour.

Summary of Key Speaker:

Cherelle Reeves spoke about recovering and rebuilding after trauma.

Recovering and rebuilding after trauma is important because trauma often disrupts a person's sense of safety, identity, and emotional balance. Healing is not about erasing what happened, but about restoring stability, regaining control, and integrating the experience into one's life in a healthier way. Trauma can impact the mind, body, and relationships, leaving individuals feeling disconnected or overwhelmed. Rebuilding allows a person to reclaim emotional well-being, strengthen resilience, and move forward with a renewed sense of self.

Helpful steps in trauma recovery include acknowledging the pain, creating emotional safety, grounding in the present, and seeking supportive connections. Evidence-based guidance emphasizes establishing stability first, then gradually processing emotions in safe ways, rebuilding

trust and identity, and developing ongoing emotional resilience. As recovery progresses, individuals can redefine life beyond the trauma and reconnect with a sense of purpose and hope.

Upcoming Events:

BB2L March Meeting – March 18, 2026.

Meeting Adjourned: The meeting was adjourned by Shaquita Harris at 11:00 am.