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HEALTH & WELLNESS



# LANDMARK RECOVERY RADIO

**Landmark Recovery Podcast**  
**Tuesday at 9 AM Pacific**  
**October 12th 2021: Healing Your Inner Child**

One in three women worldwide have experienced physical and/or sexual violence in their lifetime, and every nine minutes a child is sexually assaulted. Today's guest, Gina Rolkowski, is a survivor herself. Struggling with drug addiction, abusive relationship patterns, and suicide attempts, Gina later found healing through trauma informed therapy and her faith. Now a former elementary school teacher and parent educator turned trauma coach, Gina works with women who have experienced sexual abuse, whether in childhood or as adults. She also is the founder of Bridge to Breakthroughs, a faith-based

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## Featured Guest



### Gina Rolkowski

Gina Rolkowski is a former elementary school teacher and parent educator turned trauma coach. She is also the founder of Bridge to Breakthroughs, a faith-based mentoring and coaching program for women who have experienced sexual abuse, whether in childhood or as adults. Gina's approach to helping women heal from their trauma focuses on transforming the way they see themselves. She does this by combining social emotional intelligence strategies, brain science, and research around transforming trauma into triumph and purpose. The steps reflected in her Bridge to Breakthroughs program personally helped Gina overcome her own shame, fear, and self-hatred caused by past trauma. As a survivor of ch

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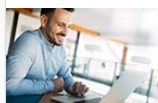
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