



October 9, 2023 — FOR IMMEDIATE RELEASE

Indra Lahiri, Founder | O: 570- 763-2908 | M: 570-855-8440 | indra@indraloka.org

**Indraloka Animal Sanctuary and Scranton Area Community Foundation
Present Round Table & Breakfast: Building a Trauma-Informed and Resilient Culture**

Dalton, Penn. — Organizational Psychologist and Indraloka Animal Sanctuary founder Indra Lahiri, PhD, and the Scranton Area Community Foundation’s Center for Community Leadership and Nonprofit Excellence are hosting round table sessions focused on “Building a Trauma-Informed and Resilient Culture” to address mental health issues in the workplace. There are two opportunities to participate in this important discussion. A [virtual version](#) will be held on October 11th, from 2 to 3:30 p.m. And an [in-person version at the Sanctuary](#) (336 Oak Drive, Dalton, PA) will take place on October 18th from 8 to 10 a.m. and include a continental breakfast. There is no cost to attend.

“Being trauma-informed means understanding the signs and symptoms of trauma in staff, clients, stakeholders, and others. As organization leaders, once we understand, we can then actively resist retraumatizing others, while actively encouraging healthy self care. We can also develop policies, practices, and procedures that fully integrate knowledge about trauma, how to address it, and how to build resilience,” Dr. Lahiri says.

During the round tables, organizational leaders will discuss the challenges and opportunities they face in building trauma-informed, resilient organizational cultures and identify shared “pain points” that we can all focus on as a community. Participants will learn about resources provided by Indraloka and other organizations.

“When we face trauma, we have two choices. We can either transcend it or transmit it. That’s it. There are no exceptions, and this is not a ‘maybe.’ We absolutely will hurt others and ourselves —



repeatedly and sometimes horribly — if we are not intentional. Our challenge, as organizations, is to create a culture that supports learning from our suffering — healing and growing from it. We must transcend our trauma and transform our pain into wisdom and resilience. But how do we as organizations support our people in doing that? That’s what these round tables will discuss,” Dr. Lahiri says.

To register for either free round table, visit [Indraloka](#) online.

In addition to establishing [Indraloka Animal Sanctuary](#) in 2005, Dr. Lahiri has 20 years of experience practicing organizational psychology. At Indraloka, Dr. Lahiri draws on her own background — professionally and personally — to spearhead programs that help people heal from the trauma of abuse and neglect by spending time with farm animals.

Set on 100 acres of verdant pastures rimmed by Northeast Pennsylvania’s Endless Mountains, Indraloka is home to nearly 200 farm animals of all species. The sanctuary focuses on rescuing animals from the most desperate circumstances, animals that escaped from live markets and slaughterhouses, left unattended on abandoned farms, and rescued by humane police from extreme abuse.

Each November, the sanctuary celebrates [ThanksLiving](#), a spectacular feast that honors the Indraloka’s many birds. It is one of the most popular outings in the area. [This year, ThanksLiving will take place on November 4th.](#)

Dr. Lahiri is available for interviews and media tours.

###

Media Contact:



Indra Lahiri, Founder | O: 570- 763-2908 | M: 570-855-8440 | indra@indraloka.org

About Indraloka Animal Sanctuary

Indraloka, a 501(c) nonprofit, provides “heaven on earth” for farm animals that have nowhere else to turn. We inform, inspire and empower the community, especially children, on ways in which we can better care for ourselves and the environment while helping animals in need. We advocate for a kind and compassionate lifestyle that protects animals, the earth and our own health and. As educators, we offer a wide range of STEAM-based learning programs, summer camps and field trips for children, K-12. The community is invited to tour the sanctuary; reservations are required. We host live, public and virtual events throughout the year for adults and children. Visit us at Indraloka.org.