

*Interviewer:* “Well, let me skip to this one. You talked about observing the impact of trauma, or the trauma of poverty, on women’s health. What have you seen, and how does it play out?”

*Tamara:* “No one wants to be born into poverty, you know, and I believe due to, you know, systems and, you know, that have been in place that have definitely given us trauma... that's embedded in our DNA that we carry. They'll say, you know, I didn't even realize until, you know, connecting with those things - that's a huge part of it. So I know for myself, it's pretty much, it stifled my growth because I didn't know how to move or how to navigate it. I think that's like, yeah, that's like...I know, for myself, I was at a standstill. It was nothing else that could go in this brain because I'm in survival mode. I had no room for anything else. So I think, you know, educating our community more about these things can help people move and to grow and learn.”