

## 1. Resilience Film screening

As the new documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose. A questions and answer will follow.

## 2. Introduction to ACEs and Resilience: Healing Communities Through Connection

This session will explain the significance of the ACEs Study, including defining terms such as:

- Adverse childhood experiences
- Adverse community experiences
- Toxic stress
- Trauma-informed practice
- Epigenetics
- Historical Trauma
- Resilience

We will explore, drawing from research and practice, how individuals, organizations and communities can prevent and heal the impacts of ACEs.

## 3. Raising Resilient Children (English)

This session provides some ideas on how to help children become emotionally resilient. One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life. Emotional resilience involves six key skills: recognizing and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping, being able to deal with negative feelings, and being able to manage stressful life events.

## 4. Trauma Informed Care as an Early Intervention: A Public Health Approach to Child Development

This workshop reviews how a local non-profit early childhood care program in unique partnership with the county is attempting to implement trauma informed care as an intervention for trauma induced behavioral and developmental challenges in children 0-3 and their families. The format will be didactic- so come with questions and experiences to share.

## 5. Strategies to Support Students Dealing with Anxiety, Depression and Trauma

Young people in today's fast-paced world face a variety of stressors that can often become overwhelming. With pressure to fit in among peers, achieve good grades, navigate social media and tolerate headlines about violence on and off school campuses, many students struggle with anxiety, depression and trauma. Come to this workshop to learn about evidence-based practices for supporting students who are dealing with anxiety, depression and other mental health issues.

## **6. Raising Resilient Children (Spanish)**

This session provides some ideas on how to help children become emotionally resilient. One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's emotional resilience, or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life. Emotional resilience involves six key skills: recognizing and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping, being able to deal with negative feelings, and being able to manage stressful life events.

## **7. Taking Care of Yourself Parent Café**

Learn how to Take Care of Yourself by having de-stressing, empowering and meaningful conversations about the Strengthening Families Protective Factors™, a nationally recognized, research-based framework for keeping children safe and families strong.

## **8. Transgenerational Trauma: Breaking the Chains of Trauma**

Transgenerational trauma is trauma that is transferred from the first generation of trauma survivors to the second and further generations of offspring of the survivors via complex post-traumatic stress disorder mechanisms. This workshop will look at historical trauma from American Slavery to now, and how it impacts generations through epigenetics, structural racism, and social and environmental factors.

## **9. Compassion Fatigue**

The Compassion Fatigue Workshop will assist therapists/social workers/nurses, etc., recognize vicarious trauma, causality, and the personal and professional toll. We'll discuss coping strategies, self-care plans and strategies for staying in the profession, staying healthy and maintaining a benevolent, generous heart.

## **10. Trauma and the Adolescent Mind**

In his presentation, Earl describes some of the brain regions impacted by trauma and how the brain responds. He also talks about survivor resilience and the importance of being trauma-informed.

## **11. Impact of ACEs on Child & Brain Development**

## **12. Visualize and Manifest**

In this workshop, Dr. Van Woy will discuss ACEs as they related to her as a child and teach the visualization techniques she currently uses in her medical practice. She will discuss and demonstrate visualization processes and ways to manifest change.