



# Coping with the Impact of Trauma

Trainings are designed to:

- ▶ assist parents, foster parents & stakeholders in understanding the effects of trauma on children;
- ▶ recognize the physical impact on caregivers

**Trainer:**

Lakeside Global Institute

**Attendees:**

Parents, Foster Parents, and Professionals (CYS, School Guidance & Social Workers, MH Providers, Judges, Case Management, GAL, CASA, etc.)

\* **Cumberland & Perry County residents ONLY**

**Sponsor:**

Pennsylvania Care Partnership

**May 6, 2019 . Monday . 4pm-6pm**

**Intro to Trauma for Parents & Caregivers**

(for parents & caregivers only)

Parents and caregivers will learn the effects of trauma on children. This workshop will help them to understand the impact of trauma on behavior and emotions, and the power of relationships to help children cope with trauma.

**May 13, 2019 . Monday . 4pm-6pm**

**Recognizing Vicarious & Secondary Trauma for Caregivers**

(for parents, caregivers & professionals)

Caregivers will be provided with the tools to identify signs and symptoms of vicarious and secondary trauma, compassion fatigue, and burn-out. Practical skills and a commitment to self-care are an integral part of this interactive workshop.

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**Training Location:**

**Cumberland/Perry Area Vocational Technical School**

110 Old Willow Mill Road, Mechanicsburg

**FREE babysitting and light refreshments**

Submit your name, phone number, and ages of children if you need babysitting services. (limited space available)

**RSVP by April 29**

**Cumberland County 717.240.6320 / Perry County 888.697.0371**

