

Upcoming Virtual Events



# Free TRAUMA WORKSHOPS



101

## An Overview of Trauma-Informed Care

The goals of this session are to promote a sense of urgency to effectively address trauma, and gain some basic information about trauma, including: *What it is, how it impacts children and adults, the basics of brain structure, the impact of trauma on the brain, components of trauma-informed care.*

**9:00am-11:00am**

102

## Basic Skills of Trauma-Informed Care

The goals of this session are to develop personal self-care plans, understand Dr. Bruce Perry's 3 R's, explore regulation, learn an essential trauma-sensitive skill and how create a personal action plan.

**1:00pm - 3:00pm**

**MONDAY,  
OCTOBER 25, 2021**

Online Workshops



REGISTER TODAY

**DVIPEC@dVIOLC.ORG**

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