

# HEALING HEARTS & BUILDING RESILIENCE



## **Trauma 101 - In Person (now offered live online as well!)**

---

Provides an understanding of Adverse Childhood Experiences (ACEs), other types of trauma and toxic stress and the impact they have on the brain, body and child development. Participants will also discuss how trauma shows up in children's behavior and share some helpful strategies.

## **Trauma-Informed Care - Webinar**

---

Explores how trauma and ACEs impact behavior and how those behaviors may present themselves in the classroom. Participants will learn strategies to address and respond to child behaviors related to trauma, discuss ways to create fully supportive teams within organizations, create safe and stable environments and to help children self-regulate and build resilience.

## **Trauma & Resilience - Webinar**

---

Provides an understanding of how resilience can serve as a buffer to trauma and identify concrete ways to build resilience in children. Participants will also examine common myths of early childhood trauma, while exploring the effects of toxic stress and trauma.

## **Trauma and the Importance of Self-Care - Webinar**

---

Teaches about the impact of trauma on caregivers who are tending to the needs of trauma impacted children while exploring concepts of secondary trauma, vicarious trauma and burnout. Participants will also come to understand the importance of self-care in reducing or preventing the negative outcomes of trauma.

## **Parent Workshop - In-Person (now offered live online as well!)**

---

Educates parents about ACEs and trauma and the impact they have on the brain, body and child development. Parents will learn how their parenting styles are influenced by their own experiences and will learn concrete parenting strategies to use with their children at home.



# HEALING HEARTS & BUILDING RESILIENCE



## **Advanced Strategies 1 - In Person (now offered live online as well!)**

This training will build on the foundation of understanding Adverse Childhood Experiences (ACES) and trauma from Trauma 101. Participants will begin to plan their own journey to becoming "trauma-informed." Teachers, administrators and staff who work with children will learn the importance of relationships in healing and look at the concept of resilience building. Participants will also examine their own triggers to better understand ways to keep themselves calm when faced with challenging, "amygdala triggering" situations.

## **Advanced Strategies 2 - in person (now offered live online as well!)**

This advanced training focuses on understanding when the brain needs to be reset or reinvigorated to optimize learning. Teachers, administrators and staff who work with children will learn about co-regulation. Participants will begin work on ways to calm the nervous system with children either one on one or in a classroom setting as well as activate the brain to help the students re-engage in learning.

## **Advanced Strategies 3- in person (now offered live online as well!)**

This advanced training focuses on understanding how to co-regulate with a student effectively and practice using role-playing and real life scenarios. Teachers, administrators and staff who work with children will spend time discussing and practicing co-regulation to ensure they are offering an environment where students feel safe and connected. This session also covers the considerations for transitioning students back to class or prior activity.

## **Peaceful Practices - in person (now offered live online as well!)**

Bring brain lessons, breathing, yoga, relaxation and mindfulness to your students and begin to transform your school environment. Our wellness coaches offer fun, interactive 20 min lessons directly to your pre-k to 5th grade students. Teachers will learn how to implement the wellness modules and the kids will love learning about ways to both energize and calm their brains and bodies! This can be adapted for middle school and high schools as well! Includes a free Peaceful Practices guidebook for each class.

