

# Two opportunities to learn about Trauma-Sensitive Practices and Resiliency

Workshop provided by



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## How does trauma affect health and social outcomes?

Current research shows a high percentage of individuals are exposed to trauma and toxic stress. Trauma can undermine a person's ability to learn and form healthy relationships.

People impacted by trauma are much more likely to:

- experience serious health issues
- attempt suicide
- experience depression
- abuse alcohol and other substances
- have serious job problems

Yet, it's important to remember: *Adversity is not destiny.*

## What are trauma-sensitive practices?

That which can be predicted can be prevented! Caregivers who are cognizant of the influence of socio-environmental experiences on brain development and functioning are more likely to respond to others in appropriate and helpful ways. We are then more likely to be able to help interrupt cycles of trauma.

Research is helping us understand that the only way to help children who have challenging experiences in their lives is through the adults who care about them and matter to them. Helping adults learn about toxic stress can help them understand their own stress responses and how to cope.

### **Adverse Childhood Experiences and Resiliency** **Tuesday, April 20 from 8:30 to 10:30 a.m.**

In this workshop, participants will learn about:

- The effects of toxic stress and adverse experiences on brain and nervous system development.
- The key findings of the Adverse Childhood Experience (ACE) Study.
- Resiliency-building approaches

### **A Deeper Understanding of Trauma and Resiliency:** ***Practical Strategies to Create Greater Resilience***

**Tuesday, May 4<sup>th</sup> 6:00 to 8:00 p.m.**

For those who have received some training on Adverse Childhood Experiences, learn more about:

- How to create nurturing relationships that support children and adults who have experienced adverse childhood experiences in ways that build and strengthen their resiliency.
- Focusing on assets to enhance positive interactions.

Register on the [Events Page](#) of the Peacemaker Resources Website.