



Trauma- Informed Care

2023 Virtual Self-Care Series: Enhancing Caregivers Resiliency

Childhood trauma is our nations' single most important public health challenge. The high prevalence of trauma in our culture means this topic is important and relevant for all early childhood educators. Trauma Informed Care (TIC) trainings are the first step in working towards a trauma-responsive program that supports ALL children.

TIC, Module 2 of this training series is a continuation of the Trauma Informed Care training series. These two classes focus on your resilience as the foundation to support children, deal with challenging behavior, and enhance job satisfaction.

Unlocking the Stress Cycle

Thursday, February 16, 2023

6:30 pm - 8:30 pm

Understand your stress response and build your own self-awareness map. Learn tools to cope with stress that will help you create a personal first responder plan.

The Art of Self Compassion

Thursday, March 2, 2023

6:30 pm - 8:30 pm

Understand the difference between tender and fierce self-compassion. Learn self-compassion practices that enhance your well-being, reduce anxiety & stress, increase life satisfaction, and improve health.

Questions & to Register

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Stipends Available for El Dorado
County Childcare Providers

**Funded by Department of Health
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