

# Trauma-Informed Care



## 2024 Resiliency Cafes

**TIC Resiliency Cafes** - These are a partnership to enhance your well-being as well as the children in your care. It is an opportunity to explore how to implement practices from TIC training. We will have open-ended discussions about the challenges of working with difficult behaviors, trauma responsive strategies, self-regulation, emotional and sensory awareness, self-care, mindfulness, and resilience. Attend one or all meetings.

### TIC Resiliency Cafes

This is a **virtual group** that will be offered on the second Thursday of the month through May.

Open to all childhood educators in El Dorado County.

**6:00pm - 7:30pm**

**January 11, 2024**

**February 8, 2024**

**February 22, 2024**

**March 14, 2024**

**April 11, 2024**

**May 9, 2024**

### Questions & to Register

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Stipends Available for El Dorado County  
Childcare Providers

**Funded by Department of Social Services**