

Caring for Children Who Have Experienced Trauma (seven-part series)

Sponsored by Laurel Heights Hospital and Peach State Health Plan



Improve personal and professional relationships this summer.

Learning about trauma-informed care can be one of the most important skills one can acquire as a professional, a peer, a parent or a friend.

This workshop is divided into seven parts, covering eight modules, and meets Tuesdays June 20 through August 8 (no session on July 4), from 7:30 to 9 pm, on Zoom.

This seminar series can be beneficial for:

- Biological, foster and adoptive parents
- Professional advisors and support personnel

In this workshop, participants can learn what trauma is, how trauma may impact children, and how behaviors are often symptoms of those experiences. This workshop provides information on how to create a safe place, how to become an advocate for trauma-specific services, and how to recognize and help prevent compassion fatigue.

Save these Tuesday evening dates:

6/20 • 6/27 • 7/11 • 7/18 • 7/25 • 8/1 • 8/8

Learning Objectives:

- Define and list the warning signs of compassion fatigue and secondary traumatic stress.
- Identify specific self-care techniques that can help prevent compassion fatigue and secondary traumatic stress.
- Describe at least three coping strategies you can use when a child's trauma is a reminder of your own past trauma.

A final session, *Preventing Compassion Fatigue and Secondary Traumatic Stress*, will be held Tuesday, August 15, from 7:30 to 9 pm.

To receive a Zoom link and ID, email laurelheightscommunity@uhsinc.com. Please call Sonya Rice, Laurel Heights Community Relations Director, at **478-297-1137 with any questions.**



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H O S P I T A L

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