

World Trauma Day Training

Tuesday, October 17, 2023

Seeing & Healing Ourselves & Others through a Trauma-Informed Lens

McHenry County Mental Health Board
620 Dakota Street, Crystal Lake, IL 60012
8:30am to 4pm

This training offers a comprehensive blend of educational and experiential learning to empower you and your organization to embody a genuine Trauma-Informed approach. We will gain insight into the far-reaching impacts and outcomes of trauma on individuals and society, and how, by cultivating a kinder, safer, and more nurturing environment, we can foster healing and growth for ourselves, and the individuals entrusted to our care.

REGISTER TODAY: SEATING IS LIMITED!

| Presenters: | Topics: |
|-----------------------------------|--|
| Andrea Cossey | Loving-Kindness Meditation |
| | Trauma-Informed Yoga |
| Christine Grierson | Substance Use & Trauma |
| Gary Rukin | Mirror Neurons & Human Relationships |
| | Brain Building Exercise |
| Patricia Bogard & Ayanara Vasquez | Healing the Body & Mind after Sexual Assault |
| Caitlyn McClure | Second Hand Trauma and Self-Care |
| Samantha Marcellis & Sharie Dodge | Resilience |
| Susan Perkins & Andy Breen | Institutional Trauma |

Register online at [http://
events.constantcontact.com/register/event?
llr=b5u9so9ab&oeidk=a07ejxh1x5k4062afb4](http://events.constantcontact.com/register/event?llr=b5u9so9ab&oeidk=a07ejxh1x5k4062afb4)

or Scan QR Code

6.5 Free CEUs will be provided, IODAPCA pending.

We will break for one hour for lunch, on your own.

