

# Trauma - Informed Support Skills

**A one-day basic training** to provide a framework for working with survivors of trauma (including sexual abuse), who also experience mental health issues as a result of the trauma.

**Who should attend?** This basic training is suitable for people who volunteer or work in shelters, drop-in centres, health, mental health and social service organizations. Participants will find it useful in understanding the impact of trauma and assisting individuals to improve their quality of life.

## Participants will...

### Discuss:

- The cluster of vulnerabilities observed in high-end users of health and social services
- The continuum of functioning observed in trauma survivors
- Three categories of services available for trauma survivors

### Practice:

- Trauma-informed listening and support skills

### Explore:

- Ways to counteract the effects of vicarious trauma



## DATES & LOCATIONS

**Tuesday October 25, 2011 ~ Guelph**

**Wednesday May 23, 2012 ~ Kitchener**

Workshop runs from 9:00 to 5:00

***Call now to reserve your preferred date***

## REGISTRATION

e-mail: [workshops@cmhagrb.on.ca](mailto:workshops@cmhagrb.on.ca)  
519-766-4450 / 1-866-448-1603 x365

**COST is \$65.00 per participant**

Only 4 persons per organization  
Subsidized spots may be available

***Sorry, no refunds***



CANADIAN MENTAL  
HEALTH ASSOCIATION  
Grand River Branch

