

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.

The facilitators have extensive experience in community and mental health services and have led workshops in a variety of settings on a wide range of issues. *Both have completed an intensive training program led by curriculum developer Clarissa Chandler.*

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

Fri. September 25, 2009 ~ Guelph

Thurs. February 25, 2010 ~ Kitchener

Wed. June 16, 2010 ~ Cambridge

Call now to reserve your preferred date

REGISTRATION

e-mail: 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

