

# RESILIENCE MONTH

## A series of free workshops for community service providers

### A.C.E.S

**Wednesday**  
**September 23rd**  
**9:00 - 11:00 AM**

This training identifies and explains all 10 Adverse Childhood Experiences (ACEs). It explores the long term effects that ACEs have on physical and mental health, and discusses preventative measures, resiliency, and how to address the needs of children with a high ACE score.

[Register here for A.C.E.S](#)

This training defines trauma, and explores the impact of trauma on an individual. It will heighten the professional's awareness of client cues so they will know what to expect and how to respond when someone experiences trauma triggers.

[Register here for Trauma 101](#)

### TRAUMA 101

**Wednesday**  
**October 7th**  
**9:00 - 11:00 AM**

### RESILIENCY

**Wednesday**  
**October 21st**  
**9:00 - 11:00 AM**

This training provides information on how to foster resilience in children. It looks at factors such as the human adaptive process, core protective systems, and ways to cope with trauma. The training ends with a discussion around how caregivers can help their children feel safe, capable and loveable.

[Register here for Resiliency](#)

This training will explain Secondary Traumatic Stress, Compassion Fatigue and Vicarious Trauma. Participants will be able to recognize warning signs and personal triggers, understand the importance of self-care, and develop a personal self-care plan.

[Register here for Secondary Trauma & Self Care](#)

### SECONDARY TRAUMA & SELF CARE

**Wednesday**  
**November 4th**  
**9:00 - 11:00 AM**

Sponsored by:



**Clallam  
Resilience  
Project**

For registration questions or information about clock hours and CEU's contact:  
(360) 457-3011 or [resilienceoutreach@unitedwayclallam.org](mailto:resilienceoutreach@unitedwayclallam.org)

