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# TRAUMA & RESILIENCE TRAINING

MAY 7, 2020; 9 AM- 4 PM

Please join Logan CO FCFC for a free virtual online experience!

Join Sarah Buffie from Soul Bird Consulting and Amy Chavez from ReStoryative Somatics for a collaborative and generative offering of trauma-informed and resilience-oriented theory and practices, designed to support self-regulation and restoration, increasing capacity for resilience and healthy relationships, even while navigating challenging times or crisis care.



The Mental Health,  
Drug & Alcohol  
Services Board of  
Logan & Champaign Co.

ARE YOU FEELING STRESSED?

IN THESE TIMES OF UNCERTAINTY IT IS IMPORTANT TO NOT ONLY CARE FOR OTHERS, BUT ALSO FOR OURSELVES!

THIS IS NOT LIKE EVERY OTHER VIRTUAL MEETING YOU'VE ATTENDED!

YOU WILL LEARN TO IDENTIFY WAYS TO SELF-REGULATE THROUGH CRISIS, AND WAYS TO CO-REGULATE WITH OTHERS.

YOU WILL ALSO UNDERSTAND FOUNDATIONAL KNOWLEDGE ABOUT THE PHYSIOLOGY OF TRAUMA AND HEALING.

OUR HOPE IS THAT THROUGH INTERACTIVE ACTIVITIES YOU WILL LEAVE YOU FEELING REJUVENATED!

REGISTER FOR FREE BY MAY 6, 2020 AT:

<https://www.eventbrite.com/e/103167889936>

Social Work CEU's are available!