



## What can I expect at SeaStar's workshops?

### Designed for caregivers, SeaStar's workshops offer:

- Practical, relatable information and examples
- Strategies you can use to support your child and yourself
- Safe, private, non-judgmental environment

### Format:

- Workshops are not therapy groups
- You are not asked to share your story
- Information is presented in 'lecture format', with opportunities for questions

### Who can attend?

- Caregivers, teens, and adults, and their support persons
- Select workshops are open to professionals and students, where noted

## WHAT IS TRAUMA?

Trauma is a normal response to a situation our brain reads as dangerous.

When a person is going through an emergency situation, they are responding to a threat. Our brains are hard-wired with an "emergency response system" to help us deal with threats. This is our brains' way of trying to keep us safe in an unsafe situation. In that moment, our brain's main function is to get us through the emergency.

The brain helps us to survive by activating biological reactions involved in the "fight, flight or freeze" response. Adrenaline is released so your body is ready to move: to fight or flee. Your heart rate and blood pressure go up. If you can't fight your way out of the situation, or flee (run away), we "freeze". This is the human being equivalent of "playing dead."



When someone is traumatized by an event (or series of repeated events), they can get "stuck" in the freeze response. The adrenaline and other hormones that are telling our bodies there is an emergency keep flowing. So even when we are safe, our bodies do not really know that we are safe.

There's good news: brain scientists have recently learned a lot more about trauma. There are ways to help our bodies return to "safe" mode. There is much hope for healing. This is particularly true for children as their brains are still growing.

## More Information

Below are some great websites dedicated to helping parents of children who have experienced trauma:

- Trauma Resources for Parents – The Starr Network  
<https://www.starr.org/training/tlc/resources-for-parents>
- The National Child Traumatic Stress Network  
<http://www.nctsn.org/resources/audiences/parents-caregivers>
- Hey Sigmund  
<http://www.heyigmund.com/>

# Workshop Descriptions

## Question & Answer

Tues Oct 2 6:30 pm - 8:30 pm

Have you attended a previous workshop, but still have a few questions? This Q&A session is open to participants who have attended a workshop in the past, and want to clarify or follow up on something they learned. Questions are submitted privately in advance. We seek to create a safe discussion facilitated by a social worker.

## Understanding Trauma

Wed Oct 24 6:30 pm - 9:00 pm

Learn more about our body's emergency response system, what trauma is, and how it impacts brain development. This workshop is a building block in learning how to support someone who is healing from trauma.

## Emotions, Parental Style & Caring for a Traumatized Child

Wed Nov 7 6:30 pm - 9:00 pm

Supporting a child who has experienced trauma can be challenging. For many caregivers, it can bring up a lot of their own reactions and emotions. Learn to identify how your own hopes, fears, beliefs, and emotions might be impacting your caregiving style, and explore strategies that will help you to support your child.

## Introduction to Emotion Coaching

Wed Nov 28 6:30 pm - 9:00 pm

Learn more about emotions and how to become your child's emotion coach.

## Teaching Mindfulness to Young People

Wed Dec 5 6:30 pm - 9:00 pm

Learn strategies for cultivating groundedness in your home, and ideas for teaching mindfulness to young people.

## Introduction to Meditation

Tues Oct 30 6:30 pm - 8:30 pm

Meditation supports the brain in healing trauma by helping people to ground themselves in the present moment. In this workshop, participants will learn more about meditation, how to do it, and practice together in a safe and supported environment. No experience required.

## Journaling to Grow Health

Tues Nov 13 6:30 pm - 8:30 pm

Our personal narratives originate in the body. Come learn different writing techniques to help you make sense of and release your story. Learn strategies to foster healing and grow balance.

## Trauma Informed Yoga

Tues Dec 11 7:00 pm - 9:00 pm

Yoga is about learning to pay attention to what our bodies are trying to communicate to us, so that we can adjust and care for ourselves accordingly. In this workshop, a trauma informed yoga instructor will facilitate a yoga class in a safe and supported environment. No yoga experience required.

## Navigating the Justice System\*

Wed Nov 14 6:30 pm - 8:30 pm

Guest speaker Crown Attorney Mark Scott provides clarity as to how the criminal prosecution process works with regard to sex crimes against children in Nova Scotia.

Content in these workshops is complementary  
Attending all four is ideal, but not required

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\* Professionals (and students) are welcome to attend 'Navigating the Justice System' workshop  
All other workshops are **open only to caregivers, teens, and adults, and their support persons**

# Fall 2018

October

Mon	Tues	Wed	Thurs	Fri
OCT 1	2 <b>Q&amp;A</b> 6:30 pm - 8:30 pm	3	4	5

November

OCT 22	23	24 <b>Understanding Trauma</b> 6:30 pm - 9:00 pm	25	26
29	30 <b>Intro to Meditation</b> 6:30 pm - 8:30 pm	31	NOV 1	2
5	6	7 <b>Emotions, Parental Style...</b> 6:30 pm - 9:00 pm	8	9
12	13 <b>Journaling</b> 6:30 pm - 8:30 pm	14 <b>Navigating Justice</b> 6:30 pm - 8:30 pm O.E. Smith Cineplex Theatre	15	16
19	20	21	22	23
29	27	28 <b>Intro to Emotion Coaching</b> 6:30 pm - 9:00 pm	29	30

December

DEC 3	4	5 <b>Teaching Mindfulness to Young People</b> 6:30 pm - 9:00 pm	6	7
10	11 <b>Trauma Informed Yoga</b> 7:00 pm - 8:30 pm	12	13	14

**Unless otherwise noted, all workshops located at:**  
IWK Health Centre, Parker Reception Room

## Workshop Details

- All workshops are **free**.
- **You are not required to share your story** at any of these workshops.
- These are not therapy groups. This is an opportunity to listen, and learn skills to help grow your family's healing. There will be an opportunity to ask questions.
- **Registration is required** at least one week in advance.
- Parking passes and bus tickets are available. Please inquire when you register.
- SeaStar's **Accredited Facility Dog**, Dorado, will be present.



## Who can attend?

Non-offending **caregivers**, **teens** and **adults** who have experienced trauma and would like to learn more about the healing process. **Support persons** are encouraged, especially for survivors as content may be triggering. Participants should inform us who will be attending when they register.

Only 'Navigating the Justice System' on Nov 14 is open to **professionals and students**.

## Helpful Phone Numbers

<b>IWK Central Referral</b>	902-464-4110 1-855-635-4110	<b>Halifax Regional Police (HRP)</b>	
		General Inquiries	902-490-5016
		HRP Victim Services	902-490-5300
<b>Department of Community Services (DCS)</b>		<b>Department of Justice (DOJ)</b>	
<i>Child Welfare</i>		Victim Services	902-424-3307
Dartmouth	902-424-3298	<b>Avalon Sexual Assault Centre</b>	902-422-4240
Halifax	902-425-5420		
Sackville	902-869-3600		
After Hours Emergency Duty	1-866-922-2434		

## To register, or for more information:

**[SeaStarWorkshops@iwk.nshealth.ca](mailto:SeaStarWorkshops@iwk.nshealth.ca)**

**Kathy Bourgeois, MSW, RSW**  
Child and Youth Advocate  
SeaStar Child & Youth Advocacy Centre  
902-470-7357

**Kathy Copp**  
Administrative Assistant  
Suspected Trauma & Abuse Response Team  
902-470-8222