



WHAT IS TRAUMA?

NEW for Fall '20/Winter '21

- **All workshops are VIRTUAL**
- Workshops are presented live using a secure *Zoom for Healthcare* link
- Participants are **anonymous** (other people won't see your name or video)

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

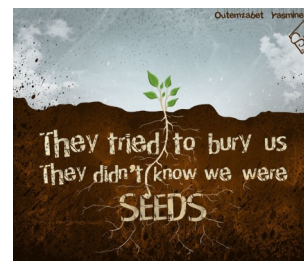
Who can attend?

- Caregivers, teens, and adults, and their support persons

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:

- [SeaStar Child and Youth Advocacy Centre: Learn More](#)
- [Making Sense of Trauma Webinar](#)
- [Trauma Resources for Parents – The Starr Network](#)
- [The National Child Traumatic Stress Network](#)
- [Hey Sigmund](#)

Workshop Descriptions

1. Understanding Trauma

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. Includes an overview of SeaStar CYAC and why we offer these workshops for caregivers of children who have experienced trauma.

90 mins.

2. Emotions & Triggers

Learn about emotions and triggers, why we have and need them.

90 mins. First 30 mins: Review, examples, Q&A about previous workshop

3. Get Yourself Grounded

Learn activities to grow mind-body attunement.

90 mins. First 30 mins: Review, examples, Q&A about previous workshops

4. Validation & Empathy

Develop skills and comfort seeing and supporting others through their emotional experiences.

90 mins. First 30 mins: Review, examples, Q&A about previous workshop

IMPORTANT NOTES

- Workshops are presented as a four-part series. Attending all four is recommended.
- Workshops are **open only** to **caregivers**, **teens**, and **adults**, and their **support persons**.
- Because these workshops are virtual, our usual content has been edited to fit a shorter online format. In addition to these workshops, participants are encouraged to complete the [Making Sense of Trauma](#) webinar by [New Directions](#) in and [Manitoba Trauma Information and Education Centre](#). The webinar is free and available on-demand.

This excellent resource will help to support and complement the information presented. Questions and discussion about *Making Sense of Trauma* are welcome in our workshop Q&As.

Click here to visit the [Making Sense of Trauma Webinar](#)

Fall 2020/Winter 2021

	Mon	Tues	Wed	Thurs	Fri
November	NOV 23	24	25 Understanding Trauma 12:30 - 2:00 pm	26	27
	30	DEC 1	2 Emotions & Triggers 12:30 - 2:00 pm	3	4
December	7	8	9 Get Yourself Grounded 12:30 - 2:00 pm	10	11
	14	15	16 Validation & Empathy 12:30 - 2:00 pm	17	18
	21	22	23	24	25
2021 January	28	29	30	31	JAN 1
	4	5	6	7	8
	11	12	13 Understanding Trauma 6:30 - 8:00 pm	14	15
	18	19	20 Emotions & Triggers 6:30 - 8:00 pm	21	22
	25	26	27 Get Yourself Grounded 6:30 - 8:00 pm	28	29
February	FEB 1	2	3 Validation & Empathy 6:30 - 8:00 pm	4	5

All workshops offered virtually via Zoom for Healthcare

Registered participants will receive secure links to join the virtual Zoom sessions

Workshop Details

- All workshops are **free**.
- **You are not required to share your story.**
- 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.
- SeaStar's **Accredited Facility Dog**, Dorado, will be present (Virtually on Zoom).



Who can attend?

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

For more information

Visit: www.SeaStarCYAC.ca/Services/Workshops

Contact: SeaStarWorkshops@iwk.nshealth.ca

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

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

TO REGISTER

Complete the **registration form** at:

<https://surveys.novascotia.ca/SeaStarRegistration>