

- **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

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:

- [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

This workshop series was designed to answer common caregiver questions with regard to their child's experience after a potentially traumatic event(s). We use a trauma-informed perspective to better understand the relational, neurobiological and developmental impact of trauma on human beings. Attending all four workshops is recommended, because each workshop will build upon previous information:

Sessions 1 & 2 provide an overview of trauma, emotions and triggers to help answer the question, "What might be happening inside my child?" This information provides a foundation for learning how we can grow safety in ourselves, our environments, and with others.

Sessions 3 & 4 provide relatable and relevant, science-based ideas to help answer the question, "What can I do to support my child?". With the knowledge from the first two sessions, we'll explore how and why these practical strategies can help to support someone who has experienced trauma. Note that information in these sessions is intended to complement, not replace, the support from a professional mental health practitioner.

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 15 mins: Review, examples, Q&A about previous workshop

3. Get Yourself Grounded

Learn activities to grow mind-body attunement, and safety in our environments.

90 mins. First 15 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 15 mins: Review, examples, Q&A about previous workshops

IMPORTANT NOTES

- 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. Participants are also encouraged to complete the [Making Sense of Trauma Webinar](#) by [New Directions](#) and [Manitoba Trauma Information and Education Centre](#). The webinar is free and available on-demand. This excellent resource will complement information in these workshops.

Fall 2021

	Mon	Tues	Wed	Thurs	Fri
<i>November</i>	NOV 8	9	10	11	12
	15	16	17 Understanding Trauma 6:30 - 8:00 pm	18	19
	22	23	24	25	26
<i>December</i>	29	30	DEC 1 Emotions & Triggers 6:30 - 8:00 pm	2	3
	6	7	8 Get Yourself Grounded 6:30 - 8:00 pm	9	10
	13	14	15 Validation & Empathy 6:30 - 8:00 pm	16	17
	20	21	22	23	24

Evening Series

All workshops offered virtually via Zoom:
Please register for details



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.



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

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TO REGISTER

Complete the **registration form** at:

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