



WHAT IS TRAUMA?

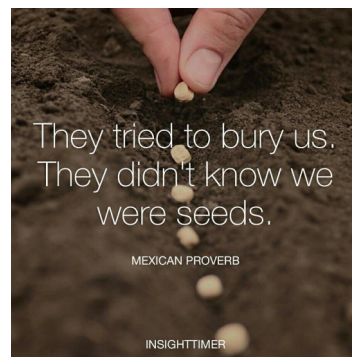
Trauma is a normal response to a situation our brain reads as dangerous.

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.



Upcoming Workshops

Understanding Trauma

- Wed June 13th
- Wed July 4th

Caring for a Traumatized Child

- Wed June 20th
- Thurs July 10th

Intro to Emotion Coaching

- Wed July 18th
- Tue July 24th

Teaching Mindfulness to Young People

- Wed July 25th
- Wed Aug 1st

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

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.

Wed June 13 th	6:30 pm - 8:30 pm
Wed July 4 th	9:30 am - 11:30 am

Emotions, Parental Style and Caring for a Traumatized Child

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 to support your child.

Wed June 20 th	6:30 pm - 8:30 pm
Tues July 10 th	1:30 pm - 3:30 pm

Introduction to Emotion Coaching

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

Wed July 18 th	6:30 pm - 8:30 pm
Tues July 24 th	1:30 pm - 3:30 am

Teaching Mindfulness to Young People

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

Wed July 25 th	6:30 pm - 8:30 pm
Wed Aug 1 st	9:30 am - 11:30 am

PLEASE NOTE:

Workshop sessions are set up in a mostly lecture format. These are not therapy groups and you are not required to share your story. There will be opportunities to ask questions.

*Summer workshops are open **only to caregivers and parents** of young people who have experienced trauma. Professionals (including students and early childhood educators) interested in attending a workshop should check back for sessions in Fall 2018.*

Summer 2018

June

Mon	Tues	Wed	Thurs	Fri
JUN 11	12	13 Understanding Trauma 6:30 pm - 8:30pm	14	15
18	19	20 Emotions, Parental Style and Caring for a Traumatized Child 6:30 pm - 8:30 pm	21	22
25	26	27	28	29

July

JUL 2	3	4 Understanding Trauma 9:30 am - 11:30 am	5	6
9	10 Emotions, Parental Style and Caring for a Traumatized Child 1:30 pm - 3:30 pm	11	12	13
16	17	18 Intro to Emotion Coaching 6:30 pm - 8:30 pm	19	20
23	24 Intro to Emotion Coaching 1:30 pm - 3:30 pm	25 Teaching Mindfulness to Young People 6:30 pm - 8:30 pm	26	27

August

30	31	AUG 1 Teaching Mindfulness to Young People 9:30 am - 11:30 am	2	3
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All workshops located at:

IWK Health Centre, Parker Reception Room

Workshop Details

- All workshops are **free**.
- **Registration is required** at least one week in advance.
- Parking passes are available - Please inquire when you register.
- **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 your family's healing.



Who can attend?

Non-offending caregivers, older youth, and adults who have experienced trauma and would like to learn more about the healing process. Support persons are welcome, caregivers should inform us who will be attending when they register.

Professionals (including students and early childhood educators) interested in attending a workshop should check back for sessions in Fall 2018.

Helpful Phone Numbers

IWK Central Referral 902-464-4110
1-855-635-4110

Department of Community Services (DCS)
Child Welfare
Dartmouth 902-424-3298
Halifax 902-425-5420
Sackville 902-869-3600
After Hours Emergency Duty 1-866-922-2434

Halifax Regional Police (HRP)
General Inquiries 902-490-5016
HRP Victim Services 902-490-5300

Department of Justice (DOJ)
Victim Services 902-424-3307

Avalon Sexual Assault Centre 902-422-4240

To register, or for more information:

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