

Resilia Community Wellness Centre will be hosting a 5-part virtual training series. Each training will be 90 minutes. Attend all or as you choose. Registration is required for each session.

1) Trauma and the Nervous System

September 18, 2025 10am CST

<https://us06web.zoom.us/meeting/register/NhQUV0EOSSmmziWNwlowhw>

This workshop will focus on understanding trauma and how it affects the nervous system impacting behaviour, memory, and learning. We will discuss how unexpected experiences can activate fear and dysregulation and how we can work with our nervous systems to practice regulation strategies.

This workshop is a good starting point for frontline workers new to the field or looking to understand how trauma impacts day-to-day living.

2) Establishing Our Trauma-Informed Practice

October 9, 2025 10am CST

<https://us06web.zoom.us/meeting/register/OeDOmcOoSm-8DFNZNHYhEw>

The impact of trauma on learning, growth and development can be significant. Establishing trauma-informed practices is not a new concept but it is one that continues to evolve and requires ongoing learning, practice and reflection. This session is an opportunity to reflect on the meaningful work that we do with diverse populations through the establishment of safe spaces, trusted relationships, and attunement to culturally responsive practices.

Together, we will share strategies, experience, and knowledge that will help us to continue to support and empower others.

3) Vicarious Trauma and Resilience Part 1

October 30, 2025 10am CST

https://us06web.zoom.us/meeting/register/7H8v3XwfR_235SPy0HEc8Q

4) Vicarious Trauma and Resilience Part 2

November 27, 2025 10am CST

<https://us06web.zoom.us/meeting/register/D5MpQIbhR4mc4HcfNDbpHQ>

Vicarious trauma is a transformative change that can occur in service providers and helpers as they witness and identify with the suffering of others. Impact increases as we work to balance professional expectations and resource limitations with personal responsibilities. Losing hope, pulling away from others, and feeling physically and emotionally exhausted, are

just a few examples of the impact we might experience. Often, we criticize our own capabilities rather than recognize this human response to trauma exposure. This session will build an understanding of what puts us at risk of burnout and vicarious trauma and provide strategies to support resilience so we can continue to do this important work.

5) Post-traumatic Growth

December 18, 2025 10am CST

<https://us06web.zoom.us/meeting/register/N46q1rs1QhetQSQVn4jq4A>

Post-traumatic growth (PTG) is the positive change that can be experienced as a result of navigating traumatic experiences. Recognizing personal strength, new possibilities, appreciation of life, meaningful relationships, and spiritual change are some of the ways PTG shows up in our lives. This session will help participants identify and understand PTG in their own (and their clients) experiences. Case studies and interactive discussions will empower frontline staff to thrive in their roles while witnessing and encouraging growth and resilience in those they serve.