



**THURSDAY**

NOVEMBER 28TH  
2024

9:30 am to 11:30 am



# HEALING TRAUMA THROUGH STRENGTHENING RESILIENCE

FACILITATED BY: ARCHWAY COMMUNITY SERVICES - CAREGIVER (FOSTER PARENT) SUPPORT PROGRAM

How can we increase our children and youth's opportunities to heal from adverse childhood experiences? How do some people seem more resilient than others? Join us in this workshop to explore resiliency and how caregivers can support their kids to heal from adversity and thrive through their strengths!

*This training is open to all foster parents and family caregivers in British Columbia!*

## Topics covered in this training:

1. Exploring resiliency and how epigenetics play a part
2. Understanding the difference between toxic stress (ACE's) and healthy stress
3. Looking at what types of positive supports can enhance resiliency
4. How to develop and utilize relationship to support healing
5. Practical everyday strategies caregivers can incorporate into their practice to increase a child or youths resiliency



**REGISTER NOW**