

# TRAUMA-INFORMED, RESILIENT FOCUSED

## Virtual Training Series - offered through April, May and June

Training schedule: Once a month in April, May, and June, we will offer three separate 2-hour virtual trainings for both: Children of Trauma and Resilience and the Community Resiliency Model. Each training will be held on a different day within the month, and the content will remain the same across sessions—so you can choose the dates that work best for you!

### Children of Trauma and Resilience

A foundational training on child development, the effects of trauma, and practical strategies for daily integration, designed for educators, healthcare providers, and community organizations.

**4/22/2025**– 8:30 a.m.–10:30 a.m.

**5/20/2025**– 12:00 p.m.– 2:00 p.m.

**6/25/2025**– 5:30 p.m.– 7:30 p.m.

### Community Resiliency Model (CRM)

This training will teach emotional regulation skills and strategies for promoting resilience. Attendees will learn about tracking their own sensations and how to manage stress and dysregulation.

**4/15/2025**– 8:30 a.m.–10:30 a.m. MST

**5/14/2025**– 12:00 p.m.–2:00 p.m. MST

**6/16/2025**– 5:30 p.m.– 7:30 p.m. MST



***Scan the QR code to register now.***

***Registration closes 24 hours before a scheduled training.***

***Questions? Reach out [community@idahoresilienceproject.org](mailto:community@idahoresilienceproject.org)***