

Foster Parents/Guardians



Community Members who  
work with foster youth

## UNDERSTANDING TRAUMA AND TRAUMA- INFORMED CARE TRAINING

**PRESENTED BY: JOANNA BRIDGER, RIVERSIDE TRAUMA CENTER**

This Free workshop will provide a basic overview about the prevalence and impact of potentially traumatic events and explain why a focus on trauma is important, particularly during this pandemic. It will cover what "trauma-informed" means, how this differs from and overlaps with trauma treatment, as well as what parents and guardians can do to be trauma-informed in the way they respond to and support their children. The concepts of safety, predictability, and control are explored and strategies to help establish them are highlighted. Particular attention is paid to self/co-regulation, affect management, and self-care skills both for children and parents/guardians. The training portion will run for 90 minutes and be followed by 30 minutes of discussion and Q&A.

PRESENTED IN PARTNERSHIP WITH CORONA-NORCO UNIFIED SCHOOL  
DISTRICT, RIVERSIDE COUNTY OFFICE OF EDUCATION, AND  
THE PARENT CENTER

March 26th, 2021

10:00-12:00

This is a virtual Zoom Event

Registration: <http://bit.ly/traumacare6>

Questions: [jmmendez@cnsud.k12.ca.us](mailto:jmmendez@cnsud.k12.ca.us)

