



# Trauma Support Training Workshop

(2 Day Training)

**This important training is for community workers, who work with Indigenous, First Nations, Inuit and Metis people who have experienced trauma.**

- The 2 day workshop provides the necessary communication skills to assist trauma survivors, to release the traumatic stress from the muscles and organs, ground the client to feel safe within their mind and body, and educate the client on how trauma impacts the mind, body and spirit.
- The training workshop will also explore how trauma/adverse childhood experiences impacts developmental factors of life. Will include information on western and traditional healing exercises/ceremonies and practices, and provide an understanding of Post Traumatic Stress Disorder and the therapeutic process.

LOCATION	DATE
FREDERICTON, NEW BRUNSWICK	MARCH 26,27 –2024
OTTAWA	APRIL 4,5-2024
SUDBURY, ONTARIO	APRIL 11,12-2024
WINNIPEG, MANITOBA	APRIL 8,9-2024

LOCATION	DATE
PRINCE ALBERT, SASKATCHEWAN	APRIL 22,23-2024
EDMONTON, ALBERTA	APRIL 25,26-2024
VANCOUVER	APRIL 29,30-2024

**For more information & to register**

visit our website at:

[www.restoringbalanceconsulting.com](http://www.restoringbalanceconsulting.com)

If you have any questions please email:

[restoringbalanceconsulting@hotmail.com](mailto:restoringbalanceconsulting@hotmail.com)

**Training Information**

Time: 9:00 am to 3:30pm

Cost: \$389.00 per person