



**ONLINE**

# **Five Day Trauma Support Training**

*Educating and providing the necessary skills to frontline workers is fundamental in overcoming the intergenerational trauma that is visible in many communities on and off reserve.*

This online training seminar provides the community worker with the necessary skills to work with trauma survivors. Some of the basic skills of the training are, creating safety, educating the client about trauma, providing self regulation exercises and healing exercises, learning basic counseling skills to work and assisting trauma victims /survivors in their healing journey and learning how to use a Trauma Counseling/Communication Model.

**The “Trauma Support Training Course” is available to Indigenous, First Nations, Inuit and Metis communities and urban organizations.**

**For more information**

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

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If you have any questions, please email:

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

**TRAINING DATES AVAILABLE FOR 2023**

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**November: 22st, 27th**

**December: 3rd, 10th, 17th**

each session will be 4.5 hrs