



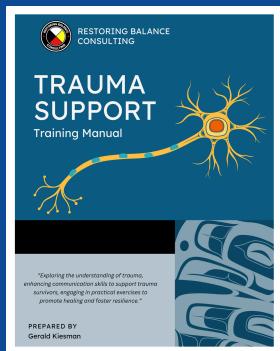
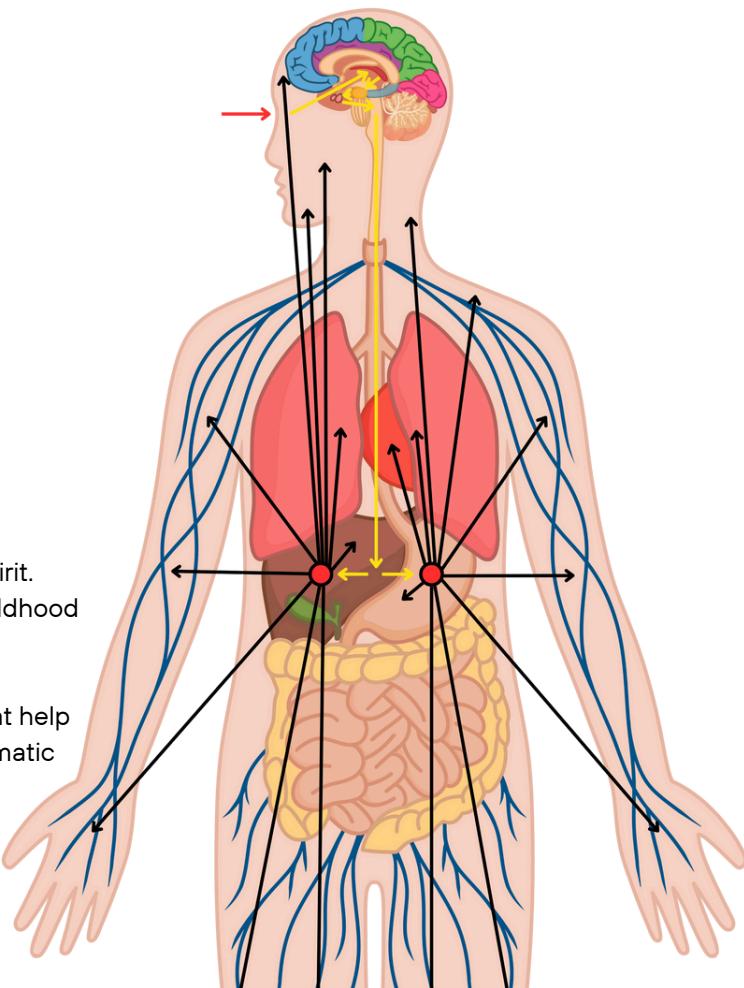
Restoring Balance Consulting

# 2-DAY ONSITE TRAUMA SUPPORT TRAINING

This workshop is for community workers seeking a comprehensive understanding of trauma and its impacts on the mind, body, and spirit. Participants will explore how trauma influences brain structure, childhood development, behavior, health, and community well-being.

These sessions will also focus on effective communication skills that help workers witness, support, and guide clients in safely releasing traumatic stress and emotion from the body.

Additionally, participants will gain practical strategies to manage chronic stress and address lateral violence, fostering personal resilience and healthier community dynamics.



## TRAINING INFORMATION

**Registration Fee:** \$479.00

**Time:** 9:00am - 3:30pm

Lunch, a training manual, and a certificate of completion will be provided.

**FOR MORE INFORMATION  
AND TO REGISTER**

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

If you have any questions please email:  
[restoringbalanceconsulting@hotmail.com](mailto:restoringbalanceconsulting@hotmail.com)

### NANAIMO

March 30th & 31st, 2026  
Coast Bastion Inn Hotel

### PRINCE GEORGE

April 1st & 2nd, 2026  
Coast Inn Hotel

### VANCOUVER, B.C

April 8th & 9th, 2026  
Best Western Chateau Granville Hotel

### EDMONTON, AB

April 13th & 14th, 2026  
Sandman Signature Hotel

### CALGARY, AB

April 15th & 16th, 2026  
Best Western Plus Hotel

### SASKATOON, SK

April 27th & 28th, 2026  
Travelodge Hotel

### WINNIPEG, MB

April 30th & May 1st, 2026  
Norwood Hotel

### SUDBURY, ON

May 4th & 5th, 2026  
Holiday Inn Hotel