

CHILDCARE PROVIDER WORKSHOP: FEB 2019

Trauma Informed Self Care Practices

Wednesday, Feb 6, 6:30-8:30pm

Sierra Nevada Children's Services
420 Sierra College Dr, Ste 100
Grass Valley, CA

Please register on CARegistry.org
or contact Lucia Stewart at
(530) 272-8866 x225 or
lucias@sncs.org

Join us to learn

- What it means to be trauma informed
- Why self care is important and how to inspire it in others
- What makes trauma informed self care and movement unique
- Five tools that you can take home and try for yourself

Presenter: Schuyler Bright, CAS, C-IAYT, CMT, CDVSAC

FREE training, light refreshments provided. *Priority registration for childcare providers.*

