

Strategies 2.0

Growing knowledge and networks for professionals working with families

SEATS STILL AVAILABLE!

November 20th Sierra Region Learning Community Convening

Topic: *Best Practices in Trauma Informed Care: Self-Care and Peer Programs that Support Agency and Community Resilience.*

Together we will:

- Learn the value of self-care programs to agency staff and program participants.
- Identify achievable actions to integrate self-care programs into your agency.
- Review self-care concepts from Peer Support programs that can be applied to new and existing staff.
- Commit to making one or two changes to programs to integrate self-care concepts.
- Practice self-care concepts that can be applied locally in agencies and programs.

Featured Speakers:



Doty Shepard, Director, [Resilient Colorado](#), (remote) will share tools for self-care that can not only be used to lift ourselves, but also incorporated into peer support programs. Doty will emphasize the importance of self-care, helping us to be the best for the people we serve.



Vanessa Compton, [Peer Personal Services Coordinator](#) Amador County Behavioral Health, will present concepts from the [WRAP](#) program (Wellness Recovery Action Plan), as well as her Life Works self-empowerment workshop, that can be applied to self-care for staff and program participants.



Schuyler Bright, C-IAYT, Registered Yoga Therapist with the International Association of Yoga Therapist, and Founder and Director of the [Holistic Trauma Recovery Institute](#) (remote) will provide us with concrete ideas for self-care activities we can integrate into our work and home life.

When: Wednesday, November 20, 2019

Time: Registration and Networking from 9:00-9:30 a.m. Program from 9:30 am – 12:30 p.m.

Where: In-person at Amador County Child Abuse Prevention Center in Jackson, at remote sites in Mammoth Lakes, Bishop, and Loyalton, or individually from your personal computer!

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