



Help for the Healer 2.0: Building the Skills to Promote Caregiver Self-Regulation and Wellness

VIRTUAL

February 25

9:00a.m.-10:30a.m.

Central

REGISTER HERE!

Stress is a reality of life, especially during these unprecedented times. In addition to our own personal experiences of stress, we often absorb the stress and trauma of others.

Those who work with or care for children and youth are particularly vulnerable. Yet, we often overlook addressing caregiver stress as being foundational to supporting our children and youth.

This session will provide you with the knowledge and skills to meaningfully and intentionally support your own self-regulation and wellness.

Join us for this experience as we:

- understand the biological underpinnings of stress and self-regulation;
- learn and practice new skills to address stress and promote self-regulation and wellness;
- begin to develop a wellness/self-regulation action plan

Speaker

Christy Gauss, MSW, LSW
School Mental Health Facilitator
SPC Consultants, LCC

Community Partners

LaPorte County Circuit Court
Safe Harbor