

Good afternoon!

We at [SeaStar Child & Youth Advocacy Centre \(CYAC\)](#) are very happy to be announce upcoming virtual *Psychoeducational Workshops for Caregivers* on **Understanding & Healing Trauma**.

Workshops in this SPRING series will be offered **virtually** via *Zoom for Healthcare*.

WORKSHOP DATES	Daytime series <u>12:30 – 2:00 pm</u>	Evening series <u>6:30 – 8:00 pm</u>
1. Understanding Trauma	Wed April 6, 2022	Wed June 1
2. Emotions & Triggers	Wed April 13	Wed June 8
3. Get Yourself Grounded	Wed April 20	Wed June 15
4. Validation & Empathy	Wed April 27	Wed June 22

For details: Visit www.SeaStarCYAC.ca/services/workshops
View [Workshop Brochure](#)

To register: Visit [REGISTRATION FORM](#)

Please note these workshops are designed for caregivers of children/youth who may have experienced trauma, and their support people. Due to limited capacity, we are unable to accommodate requests from students or individuals wishing to attend for their own professional development or training purposes.

If you are a helping professional, please feel most welcome to share with anyone you feel would benefit.

Thank you!



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