

In partnership with the WAVE Trauma Centre, Student Equity, Human Resources, Faculty Professional Development, and Student Affairs, LBCC is offering

Flex Credit  
Approved  
Workshop



# Virtual Trauma-Informed Workshops

For all LBCC staff and faculty

## Introduction to Trauma

Thursday, February 23rd 10:00-11:30 a.m.

Please register by February 21st.

What is trauma? This workshop focuses on the history of trauma, trauma and the brain, the trauma response, and PTSD.

This workshop recording will also be presented in T1046 on Thursday, March 2nd 3:00-5:00 p.m. and followed by a brief discussion.



## Intergenerational and Racial Trauma

Thursday, March 9th 10:00-11:30 a.m.

Please register by March 7th.

This workshop examines the transmission of trauma through generations, intergenerational and trans-generational trauma, historic and collective trauma, and breaking the cycle of trauma.

This workshop recording will also be presented in T1046 on Thursday, March 23rd 3:00-5:00 p.m. and followed by a brief discussion.



## Trauma and Frontline Workers

Tuesday, March 28th 10:00-11:30 a.m.

Please register by March 26th.

This workshop focuses on trauma experienced by frontline workers by exploring topics including psychological first aid, vicarious trauma and secondary stress, vicarious transformation, and moral injury and distress.

This workshop recording will also be presented in T1046 on Thursday, April 13th 3:00-5:00 p.m. and followed by a brief discussion.



Please note for Accommodations: At least 72 hours prior to the event, (562) 938-4558 (voice), (562) 353-4217 (videophone), & DSPS-staff@lbcc.edu // Sign Language Interpreting Stephanie Bonales at sbonales@lbcc.edu or (562) 938-4918.

Communication Access Realtime Translation: 5 business days prior to the event, contact: HR Compliance & Accessibility Analyst: Sunita Shelly 562-938-4947 | sshelly@lbcc.edu or Sonia Leticia Vélez 562.938.4323 | E svelez@lbcc.edu \*requests are based on provider availability\*