



A Comprehensive Resource for Out-of-Schooltime Staff

# Trauma Informed Care and Self-Regulation for Adults

**PRESENTED BY:** RICK ALLEVA, ED.D.; NH ASMP WT, F, PC

Growing numbers of young people encounter a variety of adverse childhood experiences (ACEs), witnessing and directly experiencing traumatic events that greatly impact their health and well-being. Developing a deeper understanding of the nature of trauma that children experience can help us to better engage, comfort, and promote resiliency. We will discuss trauma-informed care and self-regulation practices that can be implemented in out of school time settings to foster safety, trust, empathy, and supportive relationships.

**Registration:** This training is free, but registration is required in [EVENTBRITE](#). The last day to register is January 8<sup>th</sup>!

**Professional Development:** Participants will receive 2 hours of professional development in their [NH Connections Information System \(NHCIS\)](#) training transcript profile within 2-4 business days.

**Questions:** Please email Cathy Hazelton, ACROSS NH Assistant Project Director, at [cathy@seresc.net](mailto:cathy@seresc.net) or call 603-206-6848.



**Rochester  
Child Care Center  
95 Charles Street  
Rochester, NH 03867**

**Monday,  
January 9<sup>th</sup>  
2023**

**10am-12pm**

*ACROSS NH is a project of SERESC funded by the Bureau of Child Development and Head Start Collaboration. Our goal is to provide statewide technical assistance and professional development opportunities to afterschool providers to support their work in creating high quality, innovative programs for schoolage children.*