



A Comprehensive Resource for Out-of-Schooltime Staff

# Trauma Informed Care for Our Children and Ourselves

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

Growing numbers of children encounter a variety of personal and social challenges, witnessing and directly experiencing traumatic events that greatly impact their health and well-being. The past few years have been no less the case for adult caregivers who have continued to provide high quality support for children during out-of-school times. Developing a deeper understanding of trauma-informed care practices can help us to better engage, comfort, and promote resiliency for children and ourselves. In this session, we will explore the topic of trauma, with a particular focus on self-care, including emotional regulation and the benefits of a mindfulness lens for the adults in the room. We will participate in a few activities, share our experience, and explore a trauma-informed plan for ourselves.

**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.*