

Building Resiliency and Understanding Trauma



Riverside University Health System – Behavioral Health
Prevention and Early Intervention

Free Virtual Presentation

To register please follow this link for available dates and times:
<https://www.eventbrite.com/e/building-resiliency-and-understanding-trauma-tickets-119696817403>

**For any questions please e-mail PEI@ruhealth.org
or call (951) 955-3448**

This 2-hour presentation will focus on:

- Understanding and defining trauma and different Trauma Types
- Impact of trauma on the brain
- Child Traumatic Stress (CTS)
- Adverse Childhood Experiences (ACEs)
- Adverse Community Experiences and Resilience (ACE | R)
- Resiliency and being trauma-informed

CEUs or certificates are not offered for this presentation.