



# Resilient Communities Workshop Series:

## Strengthening Resilience Through Trauma-Informed Care

Experiences of adversity, trauma and stress are very common and happen to people from every walk of life. These experiences can have a lasting impact on our bodies, minds and spirit. And sometimes inform our decisions and practices. But they there is hope!

Trauma-responsive systems, organizations and organizations that have knowledge of experiences and work to prevent re-traumatizing help build resilient, healthy communities.

**To request this workshop:**

<https://recastchicago.org/workshop-request-form/>



### Learning Goals

**Through an interactive 2-hour workshop, attendees will:**

- Understand the dynamics of trauma, adversity and stress
- Understand the impact and the ways in which systems, communities and organizations supports resilience;
- Be able to use trauma-informed approaches in your organization and community;
- Attend to vicarious trauma and wellness;
- Take practical steps to strengthen trauma-responsive, resilient communities.