This series will define trauma informed care and how it can be implemented with colleagues and students. Participants will leave the sessions with skills and tools to build and maintain a culture of care, including the following:

- Practical steps to provide support to students and colleagues who may be experiencing trauma or distress
- How to build a culture where individuals who are struggling can get the help they need
- How to implement self-care practices that ensure healthy boundaries and protect us from burnout

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