

# TRAUMA INFORMED CARE WEBINAR SERIES



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**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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