

Four 90-minute workshops based on the film *Resilience* about toxic stress and adverse childhood experiences (ACEs) and how students can survive trauma by learning to be resilient. These workshops are designed for those who have seen the film and want to take the next step by implementing trauma-informed strategies in their school, classroom, or home. Workshops are **free & open to public**. To find workshops, see our Facebook page – [Events](#) - or email us at info@publicschoolsfirstnc.org.

Strategies for Creating Trauma-Informed Schools

This 90-minute session is based on the film *Resilience* about toxic stress and adverse childhood experiences (ACEs) and how students can survive trauma by learning to be resilient. Designed for administrators/school level leadership, this presentation is grounded in research on how to foster resilient learners by cultivating a trauma-informed learning environment in your school. Discussion will focus on helping your staff build relationships that allow their students to grow, thrive, and be successful academically. School leaders will be provided resources to share with their school leadership team. #BeTraumaInformed

Strategies for Creating Trauma-Informed Classrooms

This 90 minute session is based on the film *Resilience* about toxic stress and adverse childhood experiences (ACEs) and how students can survive trauma by learning to be resilient. Designed for classroom teachers/educators, this presentation is grounded in research on how to foster resilient learners by cultivating a trauma-sensitive learning environment in your classroom. Thoughtful, empathetic educators can be the catalyst for healing for our most vulnerable children. Discussion will focus on classroom strategies useful in building relationships with students to help them grow, thrive, and—most assuredly—be successful academically. Teachers will be provided resources to use in their classrooms and share with their parents. #BeTheOne #OneCaringAdult

Strategies for Being a Trauma-Informed PTA

This 90 minute session is based on the film *Resilience* about toxic stress and adverse childhood experiences (ACEs) and how students can survive stress by learning to be resilient. Designed for PTA leaders and volunteers, this presentation is grounded in research on how to ensure that programs and policies implemented by PTAs support a trauma-informed learning environment for all students. Thoughtful, empathetic volunteers are a vital link between home and school and should be using trauma-informed/sensitive guidelines in their policies, programs, and when communicating with parents or guardians. PTA leaders will be provided resources to share with members. #BeTheOne #OneCaringAdult

How to Build Resilience in Your Children: Tips for Parents

This 90 minute session is based on the film *Resilience* about toxic stress and adverse childhood experiences (ACEs) and how children can survive stress by learning to be resilient. Designed for parents/guardians, this presentation is grounded in research on strategies that help build Resilience in children. When kids have the skills and the confidence to confront and work through their problems, they can learn that they have what it takes to confront difficult issues. Parents will be provided tip sheets on building resiliency. #ResiliencyCanBeTaught