Caring for People Living with Trauma

Wednesday - November 13th, 2019

St. Mark’s Lutheran Church - 600 Cambridge Street, Winnipeg

Session 1: 8:30 AM to Noon
Session 2: 1:00 PM to 4:30 PM

This introductory half-day workshop explores what trauma is, the principles of Trauma Informed Care and how to integrate a trauma-informed perspective into our everyday interactions. Included in the session are mindfulness practices and the opportunity for self reflection.

Facilitator
Nadia La Rosa
Klinic Manitoba

Nadia La Rosa is the coordinator of the Manitoba Trauma Information & Education Centre at Klinic Community Health. She has been with Klinic for over 20 years, the majority of which were spent working with the Sexual Assault Crisis Program. Her background includes delivering direct services to and advocating on behalf of individuals and families affected by sexualized violence, coordinating special projects and raising awareness to promote effective responses to sexual assault in communities throughout Manitoba.

She is especially interested in the connection between trauma and our neurobiology, the significance of mindfulness in recovery and the importance of fostering relationships with individuals, communities and systems in a way that offers a more holistic understanding of and approach to healing.

Register Early! Each session is limited to 25 participants.

REGISTRATION FORM

Cost: $25 for the session
Coffee, water and snacks will be provided.

NAME: ________________________________

ADDRESS:  ____________________________________________

PHONE: ___ EMAIL: _____

RELIGIOUS AFFILIATION ___ Mark your 1st & 2nd time preference (in case one is at max capacity)
Morning _____ Afternoon: _____

For questions or information contact Peter at: kcdjrt@mymts.net or 204.955.8545

Please send cheque payable to the Manitoba Multifaith Council and the registration portion of this poster to:
PO Box 69017 – RPO Tuxedo Park, Wpg. Mb. R3P2G9