

# Trauma Informed Care Workshops

Teesside University in association with North East London Training Hub are pleased to offer trauma informed care workshops across North East London. They are free to attend and aim to help increase awareness of trauma and the impact it has on individuals and communities. The workshop will also help attendees gain confidence in talking about trauma whilst managing their own wellbeing.

Content includes sources of trauma, impacts of trauma, secondary and vicarious trauma, maintaining your own psychological wellbeing, how to gain confidence in talking about trauma, and handling disclosures. A certificate of attendance will be emailed following the session.

Please register for the most suitable date using the links below (**you only need to attend one workshop**). The link to join the workshop will be sent once you have been registered. If you have any queries, please contact:

[SHLS-Contracts@tees.ac.uk](mailto:SHLS-Contracts@tees.ac.uk)

Title	Start Date	Link
Trauma Informed Care Workshop 1	07/06/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 2	06/07/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 3	16/08/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 4	05/09/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 5	12/10/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 6	07/11/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 7	06/12/2023	<a href="#">Register Online</a>
Trauma Informed Care Workshop 8	11/01/2024	<a href="#">Register Online</a>
Trauma Informed Care Workshop 9	06/02/2024	<a href="#">Register Online</a>
Trauma Informed Care Workshop 10	06/03/2024	<a href="#">Register Online</a>