



## Trauma Trainings

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Trauma 101

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Resilience

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Self-Care

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Trauma Informed Care

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Advanced Strategies to  
Build Resilience

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Parent Workshop

Positive Parenting: Managing Melt-downs, Taming Tantrums & Other Ways to Support Your Child!

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Consultation

Trainings are available in the following formats:

Workshop (1-2 hours)

Half Day (3 hours)

Full day (6 hours)

Online Webinar

# HEALING HEARTS TRAUMA TRAININGS

Healing Hearts & Improving Childhood Outcomes are a series of in-person and web-based professional development offerings ideal for early childhood professionals, school districts and parents who are looking to become trauma-informed. Our trainings provide an understanding of Adverse Childhood Experiences (ACEs) and toxic stress, and the impact of ACEs and trauma on the brain, body, and child development. The trainings also explore the following:

- How trauma shows up in children
- How resilience serves as a buffer to trauma
- Strategies to address and respond to challenging behaviors
- Creating safe environments to help children self-regulate
- The importance of self-care

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The Child Wellness Institute of New Jersey is a division of PCA-NJ.