




**Starting Sept
2023**

**Bi-monthly
workshops**



**BROUGHT TO YOU
BY ALONG THE WAY**



Trauma Education Workshops

**OUTWARD
FACING**



*LEARN ABOUT BRAIN
SCIENCE AND TRAUMA
AND THE EFFECTS IT HAS
ON YOUR BODY, MIND
AND COMMUNITY*

APRIL MATT

TRAUMA
EDUCATOR

Souderton, PA



Workshop Topics

TOPICS

Wednesday, Sept 20th, 2023 9-12pm

Workshop Intro:

My Brain My Body: What's happening to me?

TBD

Workshop 2:

Help! I'm Stressed and Can't Get Calm!

TBD

Workshop 3:

The Secret to Connection

TBD

Workshop 4:

Me First, but How?

TBD

Workshop 5: Why Do Kids Act Out

TBD

Workshop 6:

Understanding The Art and Science of Anger

ABOUT

- Brain Science 101 & Nervous Systems
- Understand Why We Behave Like That
- How Stress and Trauma Affect Us

- Deeper Understanding of the Brain
- Self-Care Strategies
- How to create safety and regulation skills

- Deepen Relational Health
- Essential Communication Skill
- Importance of Empathy

- Self Care and Burnout
- Vicarious Trauma
- Get Your Needs Met and Boundaries

- Young Brains and Attunement
- Attachment Styles and Parenting Styles
- Communication

- Anger's Effect on the Body
- Regulation and Communication
- Healthy expression by me



Childcare and a meal are provided at each workshop. The first workshop is free and the following are \$40/pp or access to all 6 can be purchased for \$150.

Proceeds from the event go towards the overall mission of Along the Way: providing in-home childcare for single mothers. Sponsorships for each workshop will offset the cost of running the event.