

Hanna Center

Trauma-Informed Supportive Care Series 2026-2027



Maria
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This four-part series builds on trauma-informed foundations while strengthening skills in conflict resolution and de-escalation, sustaining motivation and resilience through demanding periods, and building genuine rapport and connection with youth to foster trust, stability, and purposeful engagement.

Session 1: Trauma-Informed Care Fundamentals

Agency: Tuesday, October 6 | Education: Thursday, October 8

Trauma-informed care shifts the focus from asking "What's wrong with this person?" to understanding "What has this person experienced?" This session introduces the prevalence and impact of trauma, how trauma can shape behavior, and the core principles that guide a trauma-informed approach, laying the foundation for the strategies covered throughout the series.

Session 2: Conflict Resolution & De-escalation

Agency: Tuesday, November 17 | Education: Thursday, November 19

As the holidays bring added stress for many families and youth, this session equips participants with trauma-informed strategies to de-escalate challenging situations, mediate conflict, and maintain trust and connection under pressure.

Session 3: Enhancing Motivation & Optimism

Agency: Tuesday, January 12 | Education: Thursday, January 14

Starting the new year grounded, this session offers strategies to sustain motivation, foster resilience, and support a values-driven, optimistic outlook for staff and the youth they serve alike.

Session 4: Building Rapport & Connection with Youth

Agency: Tuesday, March 9 | Education: Thursday, March 11

This session explores strategies for building genuine, consistent relationships with youth, from establishing trust and rapport early on to strengthening connection over time. Participants will gain practical tools for showing up as a reliable, trustworthy presence in a young person's life.

**Tuesdays
Thursdays**



**At
4:00-5:15PM**

**Location
Virtual**



Zoom link and a
calendar invitation
by email after
registering.



<https://tinyurl.com/y2fmdc8n>



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