

RESPITE

RESOURCES, EDUCATION, SUPPORT for PARENTS |
INTERVENTIONS for TRAUMA-SENSITIVE ENVIRONMENTS

SEPTEMBER 2018

RESILIENCE Screening

Thursday, September 6 | 7-8pm | OC United, 434 Commonwealth Ave, Fullerton

Join us as we gather for a Community Screening of the award-winning film, [RESILIENCE: The Biology of Stress & The Science of Hope](#)— a critically acclaimed documentary chronicling a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

Register: ocunited.org/what-we-do/fostercare/respite/resilience-screening/

Building Trauma-Sensitive Environments Workshop

Saturday, September 8 | 8:30am – 12:30 pm | OC United 436 Classroom

A half-day overview of strategies for building a trauma-informed environment. Parents, Teachers, Ministry Workers, Childcare Workers, and others, please join us to learn about the impact of trauma on the brain, TBRI® and the principles that will help you to build a connected and safe environment for children from hard places.

Snacks, drinks, and materials will be provided. Suggested donation \$15/person.

Register: ocunited.org/what-we-do/fostercare/respite/respite-building-trauma-informed-environment/

RESPITE Parent Connection Night

Saturday, September 8 | 5-8pm | OC United, 436 Commonwealth Ave

Come learn about our Family Support Program, connect with other parents, help us to discover what resources your family needs, and then enjoy an evening off. OC United will provide childcare from 5-8pm to give you a time of respite, connection, and renewal!

Register: ocunited.org/what-we-do/fostercare/respite/parent-connection-night

Understanding ACEs & Building Self-Healing Communities | Workshop

Tuesday, September 18 | 6:30-8:30pm | OC United, 436 Commonwealth Ave

This presentation provides information about the ACE (Adverse Childhood Experiences) study, along with neurobiology that explains why ACEs impact people's lives, and what we can all do to dramatically improve health and resilience for this and future generations.

Register: ocunited.org/what-we-do/fostercare/respite/aces-and-communities/

FOR INFORMATION & RESOURCES

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OC United | 418 W. Commonwealth Ave | Fullerton, CA

AUGUST 2018

TBRI® & Trauma-Informed Classrooms Simulcast

Tuesday, August 7 | 7am-2pm | OC United 436 Classroom

TBRI® & Trauma-Informed Classrooms is a 1-day seminar designed to equip educators to help children from 'hard places' of abuse, neglect, and/or trauma. Join us before the start of the school year to learn how to disarm fear, optimize learning, and facilitate healing for vulnerable children in the classroom.

Register at: www.ocunited.org/respite

Empowered to Connect Parent Training : Connect Course

Weds, Aug 22, 29, Sep 5, 12, 19, Oct 3, 10, 17, 24 | 6:30-8:30pm | OC United

An interactive learning experience specifically for adoptive and foster parents, based on TBRI principles. *(May be audited by Social Workers, Ministry Workers, Agency Members, Teachers, Pastors, & Childcare workers).*

Childcare available with early registration: Register at: www.ocunited.org/respite

OCTOBER 2018

RESPITE Conference | Building a Trauma-Informed Community

Saturday, October 6 | 9am-6pm | EV Free Fullerton

Join us for our first Trauma-Informed Communities Conference! Learn more about the impacts of trauma through an informative and interactive day of training with education, resources, and tools that will equip you and your environment to serve the most vulnerable among us. \$10 donation/person requested. Scholarships avail.

Register at: www.ocunited.org/respiteconf

ONGOING

Dude's Night Out | Wellness & Community

Last Wednesday of each month | 6:30-8:30pm | Burger Parlor, Fullerton, CA

RESPITE Education & Support Group for Parents of Kids from Hard Places

2nd & 4th Sundays of each month | 2-3:30pm | OC United

Childcare available with registration. Contact Renaë renaed@ocunited.org

⇒ Connect with our online Facebook Community at:
www.facebook.com/groups/RESPITE.OCUnited