



**FIRST 5**  
SAN MATEO COUNTY

# TRAUMA INFORMED CARE TRAINING

## MODULE 2

THIS TRAINING INTRODUCES THE CONCEPT OF BURNOUT AND COMPASSION FATIGUE, ADULT TRIGGERS, OUR WINDOW OF TOLERANCE AND THE 3 BRAIN ZONES. WE WILL ALSO FOCUS ON IMPACT OF STRESS ON PHYSICAL HEALTH, EMOTIONAL HEALTH, & RELATIONAL HEALTH AND WE WILL LEARN SELF-CARE TECHNIQUES

**WHEN: NOVEMBER 8, 2023**

**TIME: 6:30-9:00 PM**

**WHERE: ONLINE BY ZOOM**

**<https://rb.gy/oe84w>**

**This training offers 2.5 hours of professional development credit**

**FOR MORE INFORMATION OR ASSISTANCE WITH REGISTRATION PLEASE CONTACT:**

**JENNIFER HARO (650) 517- 1444  
OR JHARO@SANMATEO4CS .ORG**

4Cs—Child Care Coordinating Council of SanMateo CountySobrato Center for Nonprofits – Redwood Shores330 Twin Dolphin Drive, Suite 119 | Redwood City, CA