

## FREE in May: Resilience and Healing Workshops

Center for Child Counseling, Inc. <renee@centerforchildcounseling.ccsend.com>  
on behalf of

Center for Child Counseling, Inc. <info+centerforchildcounseling.org@ccsend.com>

Fri 5/5/2023 6:46 PM

To: Updates <updates@gladesinitiative.org>

## Take Care Your Well-Being!

May is [Mental Health and Trauma-Informed Care Awareness](#) Month! Join us in building resilience, healing, and well-being.

Don't miss our screening of [Resilience: The Biology of Stress & The Science of Hope](#) on May 31st!

Join us at [Opportunity Early Childhood Education and Family Center](#) for light refreshments, breakfast, and an engaging panel discussion and Q&A session after the screening.

Learn about the effects of toxic stress and discover how we can work together to promote resilience and reverse its impact. Watch the Trailer [HERE](#).

### Timeline of Event

- 8:30 - 9:00am Check-in and Light Breakfast
- 9:00 - 10:00am Movie Screening
- 10:00 - 10:30am Panel Discussion and Q&A
- 

**Date and Time:** May 31st, 2023 from 8:30am - 10:30am **Cost:** **FREE!**

[Register Now](#)

## Upcoming Live Workshops

### Healing the Healers

Hosted by Center for Child Counseling - Sponsored by United Way of Palm Beach County

#### In this intensive live, virtual workshop, participants will learn about:

- Defining the Role of a Healer/Helper
- Types and Causes of Stress
- Biology and Physiology of Stress
- Exploring ACEs & Their Relationship to Stress and Well-Being
- Impacts of Stress: (1)Burnout, (2)Vicarious Trauma, (3)Compassion Fatigue
- Challenges Faced by Specific Groups of Helpers/Healers
- COVID-19 and the Impact on Helpers/Healers
- Self-Care & Resilience Building

**Date and Time:** May 11th, 2023 from 9:00 am - 1:00pm **Cost:** **FREE!**

[Register Now](#)

**Ready, Reset, Grow!**

Spring into Self-care during Mental Health Awareness and Trauma-Informed Care Month with self-care activities brought to you by Center for Child Counseling, [Tomorrow's Rainbow](#), and the [Children's Bereavement Center](#).

There is no cost for this live, online webinar. Mental health professionals (State of Florida LCSW, LMHC, and LMFT) can **earn 1.5 CEUs for only \$10.**

**Date and Time:** May 16th, 2023 from 12:00 pm - 1:30 pm. **Cost: FREE!**

May 18th is "Get Your Green On" Day in Palm Beach County! Join us and show your support by wearing green and promoting awareness in your business and community.

[Register Now](#)

## Positive and Adverse Childhood Experiences (PACES)

Hosted by Center for Child Counseling - Sponsored by United Way of Palm Beach County

General introduction to PACEs and Toxic Stress, most appropriate for anyone interested in learning more about positive and adverse childhood experiences and what we can all do to foster resilience. By shifting our perspective and recognizing that behaviors may be fueled by feelings a child may not be able to manage, we can build the foundation to help children impacted by adversity.

**In this intensive live, virtual workshop, participants will learn about:**

- The ACE study
- Outcome and Findings of the ACE study
- What is Toxic Stress and its Impact on the Developing Brain throughout the Lifespan
- Impact of Early Adversity on Lifelong Health – Emotional and Physical
- What are PCEs and the difference between PACEs and ACEs
- Ways to create trauma-informed and resilience-building practices

**Date and Time:** May 16th, 2023 from 6:00 pm - 7:30 pm. **Cost: FREE!**

[Register Now](#)

## On-Demand Workshops

Get Your Green On Training Deals!

During Mental Health Awareness and Trauma-Informed Care Month, use the code "[GYGO23](#)" to access the virtual, on-demand workshops below for free. **Earn CEUs at no cost for a limited time only.**

### Healing the Healers

**Feeling stressed? ... Burnt-out? ... Overworked?**

There is a saying: "You can't pour from an empty cup..." If you consider yourself a healer or helper and you constantly GIVE – now it is your time to TAKE! Refill your cup now.

This 4-hour training is designed to address the stress and various challenges faced by helpers and healers in the medical, mental, and behavioral health professions.

**Participants will learn:**

- Defining the Role of a Healer/Helper
- Types and Causes of Stress
- Biology and Physiology of Stress
- Exploring ACEs & Their Relationship to Stress and Well-Being
- Impacts of Stress:
  - Burnout
  - Vicarious Trauma
  - Compassion Fatigue
  - Challenges Faced by Specific Groups of Helpers/Healers
- COVID-19 and the Impact on Helpers and Healers
- Self-Care & Resilience Building

Cost before the GYGO Deal: \$250 without CEUs or \$275 with 4 State of Florida CEUs for LCSW, LMHC, and LMFTs.

**Cost with promo code GYGO23: FREE!**

Register Now

**ACEs: Trauma to Resilience**

This 2.5 hour virtual workshop provides an overview of the Adverse Childhood Experiences (ACEs) Study, the Impact of ACEs, Brain Development, Results of ACEs, and Resilience.

**Participants will learn:**

- Outcomes and findings of the ACEs study;
- The impact of ACEs on lifelong health;
- Definition of toxic stress and its impact on the developing brain;
- The potential results of ACEs; and
- The importance of resilience and how it is built.

Cost before the GYGO Deal: \$35 without CEUs or \$45 with 2.5 State of Florida CEUs for LCSW, LMHC, and LMFTs.

**Cost with promo code GYGO23: FREE!**

Register Now

A special thank you to [United Way of Palm Beach County](#) for sponsoring our PACEs and TIC workshops. [Click here](#) for Palm Beach County TIC resources and our [ACEs Toolkit](#).

Interested in learning more about any of our workshops? Please contact [Dominika Nolan](#), Director of Education and Prevention Services at Center for Child Counseling.

**Are you passionate about working with children and teens?** Join our growing team! [Visit our career page](#) to learn about current employment opportunities, benefits, and more.

Center for Child Counseling, Inc. | 561-244-9499 | F: 561-345-3800 | [info@centerforchildcounseling.org](mailto:info@centerforchildcounseling.org)  
[www.centerforchildcounseling.org](http://www.centerforchildcounseling.org)

Follow Us



Center for Child Counseling, Inc. | 8895 N. Military Trail, Suite 300C, Palm Beach Gardens, FL  
33410

[Unsubscribe updates@gladesinitiative.org](mailto:Unsubscribe_updates@gladesinitiative.org)

[Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)

Sent by [info@centerforchildcounseling.org](mailto:info@centerforchildcounseling.org) powered by



Try email marketing for free today!