

COMPASSIONATE & TRAUMA-INFORMED CARE WORKSHOP

*Building Resilient People.
Strengthening Communities.*



**WEDNESDAY,
SEPTEMBER 2, 2026**
1 – 4 P.M.



**3-HOUR
SESSION**



**TOGETHER,
WE HEAL.
TOGETHER,
WE GROW.**

Join us for an engaging, interactive workshop designed to equip healthcare and human services professionals with tools to promote compassion, resilience, and trauma-informed care.

WORKSHOP HIGHLIGHTS



Understand trauma, resilience, and their impact on health, behavior, and relationships



Strengthen empathy, emotional regulation, and communication skills



Explore practical strategies for supporting emotional safety and well-being



Develop tools for resilience, boundaries, and sustainable systems of care

PARTICIPANTS WILL:



Understand the science of PACES, trauma, and resilience



Explore nervous system awareness and trauma-informed approaches



Strengthen empathy, reflective practice, and emotional regulation



Identify protective factors and co-regulation strategies



Develop practical tools for workforce wellbeing and sustainable care



LOCATION:

Southside Health Center
6101 Lake Ellenor Drive
Orlando, FL 32809

**For more information,
please contact:**

407-723-5123

Florida Department of Health in Orange County
Chronic Disease and Bureau of Violence & Injury Prevention