



## COMPASS for kids

Formerly Parenting Resource Associates

### Special Two-Part Series

Register for one or both of these workshops to understand how to help children and yourself cope with trauma

#### **Trauma, Self-Regulation and Coping Skills: Basic Information and Techniques to Help Children**

Thursday, December 3, 2009

7:00-9:00 PM

Explore how you can positively ease the effect of trauma on young children. Learn what self-regulation and coping skills are, and their importance to children's social, emotional, and cognitive development, as well as the effect that trauma may have on them.

Discover how a variety of activities that you already use in your curriculum can help children learn how to regulate their behaviors. You will also have the opportunity to practice simple techniques to use in your program, and learn how to share these strategies with parents.

Please wear comfortable clothing!

*This workshop is part of our comprehensive  
special needs training topics*



**Fee: \$25 per session**

**Temple Isaiah**

**55 Lincoln, Street Lexington, MA**

#### Taking Care of Yourself

Wednesday, February 10, 2010, 7:00-9:00 PM

Working in the "helping" professions often means that our work is emotionally intensive and resource-scarce. We will explore the impact of this on our day-to-day well-being. Learn how to build awareness, avoid pitfalls, gain inspiration, and find time to foster healthy and sustainable work environments for you and your team.

**To register and for a complete list of workshops and  
locations visit: [www.compassforkids.org](http://www.compassforkids.org)**

**Bring this training directly to you ~  
For information about our customized onsite  
programs, please contact Nancy Toso.**

**Nancy Toso, MEd.**  
**COMPASS for kids**  
Director of Training and Program Development  
781.862.4446, ext. 208  
[nancytoso@parentingresource.org](mailto:nancytoso@parentingresource.org)