In this 1.5 hour workshop, you will learn the basics of trauma, the principles of trauma-informed care, and tools to build a trauma-informed health system for healthcare workers and those they serve.

This introductory training is designed for healthcare workers to learn:

- What is trauma-informed care?
- How to apply trauma-informed care principles in the workplace?
- How can workers reduce stress, address vicarious trauma, and engage in self-care activities?

**Upcoming Workshops:**

**Thursday, August 24**
1:00-2:30 PM ET / 10:00-11:30 PM PT

**Tuesday, September 12**
3:00-4:30 PM ET / 12:00-1:30PM PT

**Thursday, October 19**
3:00-4:30 PM ET / 12:00-1:30 PM PT

For more info: hcapinc.org/h-cap-academy