

Team and Staff Resilience in the face of COVID-19 & Compounded Trauma

Online Workshop for staff and community members

Presented by *Darien Thira, PhD, R.Psych.* and *Shawna Biron, MA, RCC*

May 28th, 2020 9am-11pm via zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/2644886078>

Meeting ID: 264 488 6078

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Topics

- Historical context of trauma and colonization related to COVID- Crisis and pandemics
- Common ways Trauma shows up in community, families, and people (types of behaviors, emotions)
- How Trauma shows up within us, in our work and teams, and in community members in the face of crisis
- How to support resilience and wellness and respond to those around us during crisis and COVID-19