

BUILDING TRAUMA-SENSITIVE SCHOOLS

Ms. Jen's Summer 2019 Trainings in Cedar Falls, IA

Register at MsJenAlexander.com

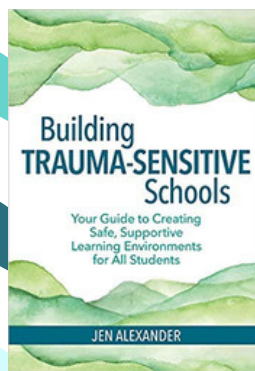
MON., JUNE 17, 2019 - LEVEL I TRAINING - \$150 (\$99*)

MON., JULY 22, 2019 - DISCIPLINE PRACTICES - \$75 (\$49*)

TUES., JULY 23, 2019 - LEVEL II TRAINING - \$150 (\$99*)

The discipline practices session is for those who completed a previous training with Ms. Jen that did NOT address discipline. June 17 trainees will have the discipline practices session in their level I training and will be ready for the level II training on July 23.

***Discounted early bird pricing until March 1, 2019.**





Helping You Help Kids

LEVEL I: EXPLORING WHAT WORKS & WHY

- What is trauma, and how prevalent is childhood trauma?
- How does trauma affect youth?
- How can we begin to help traumatized students?
- What are dos & don'ts of trauma-sensitive discipline practices?
- What is self-care and how can we start to improve it?



8:30-3:30 ON MON., JUNE 17, 2019
BREAKFAST PROVIDED ~ LUNCH ON YOUR OWN
ENJOY LOCAL TRAILS, EATERIES, & SHOPPING

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Helping You Help Kids

TRAUMA-SENSITIVE DISCIPLINE PRACTICES

- What are dos & don'ts of trauma-sensitive discipline practices?
- What is my plan for using trauma-sensitive discipline practices?



12:30-3:30 ON MON., JULY 22, 2019

SNACK PROVIDED

ENJOY LOCAL TRAILS, EATERIES, & SHOPPING

Must have completed a previous Ms. Jen training.

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Helping You Help Kids

LEVEL II: CREATING A PLAN FOR CHANGE

- How do we utilize trauma-informed RTI to help all kids?
- What is the river of feelings visual, and how do we use it?
- What is mindfulness, and how can we practice it in our schools?
- How do we dive deeper into self-care to help ourselves be well?
- How do we create a plan for school change?



8:30-3:30 ON TUES., JULY 23, 2019
BREAKFAST PROVIDED ~ LUNCH ON YOUR OWN
ENJOY LOCAL TRAILS, EATERIES, & SHOPPING

**Must have completed a previous Ms. Jen training,
including a focus on discipline.**

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