



RESILIENCE & RECONNECTION

This 3-hour workshop is for essential workers, front line staff and managers and supervisors interested in ensuring healthy workplaces for everyone. Participants will gain concrete skills and strategies to use personally and with others, to help mitigate some of the toxic stress currently impacting so many of us individually and in our organizations and communities. Come learn about and practice healthy coping, stress-reduction and emotional regulation approaches and strategies.

MARCH 19, 2026 – 9:30am-12:30pm

APRIL 6, 2026 – 12:30-3:30PM

MAY 14, 2026 – 12:30-3:30PM



Trauma Healing Project

VIRTUAL TRAININGS AT THE TRAUMA HEALING PROJECT

RESILIENCE & RECONNECTION

3 DATES TO CHOOSE FROM

REGISTER ONLINE!

<https://healingattention.org/training>

PLEASE NOTE: ALL
TRAININGS ARE VIA ZOOM

TRAUMA HEALING PROJECT

631 E. 19th Ave.
Eugene, OR 97401
541-687-9447

Healingattention.org

See above for dates and times