



April 11, 2021

Cultivating Generous Congregations Seminar

The Cultivating Generous Congregations Seminar for pastors and lay leaders offers an opportunity to **explore faithful, practical, and tested ways to promoting generosity** in our congregations.

The seminar draws on current research, seeks guidance from the wisdom of scripture, and discusses the best practices in church-based fundraising. **Class sessions held May 19, May 26, June 2, June 9, June 16, and June 23, 2021 from 6:30 – 8:00pm EST.** Between class sessions, the instructors provide materials to help you analyze the culture of your own congregation and learn how to create change.

Register today: The CGC Seminar is \$150 per participant. Register here by April 30, 2021: cvent.me/7yV37Q



2021 ANNUAL SPRING MEETING

Friday, June 4 – Saturday, June 5

“Deepening Our Journey – Deepening Our Connection”

virtual meeting using the Whova platform



Register at: <https://psecannual21.eventbrite.com>

Trauma Training

Two separate classes on trauma (see detailed descriptions below).

One in the morning and one in the afternoon, both via zoom.

The cost for both is \$30.00.

Registration is limited to 100 individuals.

Register at:

<https://lakesidelink.com/training/united-church-of-christ-may-2021/>



TRAUMA 101 9:00—11:00 am

An Overview of Trauma—Informed Care

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

Topics: SafetyPlans•TedTalkwithDr.NadineBurke-Harris WhatisTrauma?•PrinciplesofTrauma BrainDevelopment•KindsofTrauma TheoryofEverything•Hope•Post-TraumaticGrowth Reframe • Continuum



TRAUMA 102 1:00—3:00 pm

Basic Skills of Trauma—Informed Care

Building on information provided in Trauma 101, professionals expand their understanding of trauma and are provided specific skills that enhance abilities to interact in emotionally and relationally healthy ways with people impacted by trauma. As professionals become trauma-aware, they have a responsibility to prevent, avoid and respond to trauma. In this hands-on, interactive workshop professionals are provided opportunities to implement and practice the skills presented.

Topics:

Review of 101 • Personal Safety Plans Dr. Bruce Perry's Regulate-Relate-Reason HUG (Hear-Understand-Give Back) RESSQ (Reassure-Explain-Share-Solve-Question) Application of HUG and RESSQ • Intentional Breathing