

# Transforming Trauma Workshop:

## How to Care for Yourself While Caring for Others



### Upcoming dates:

April 16, 1:00 – 5:00 PM\* or

April 17, 8:00 AM – 12:00 PM\*

\*Check-in begins 30 minutes prior to each event



### Location:

Inn at the Commons

200 N Riverside Ave

Medford, OR 97501



### Registration:

General Public: Eventbrite

Oregon State Employees: iLearn



### What? So What? Now What?

Join us for a follow-up

community conversation on

April 17, 1:30 – 3:30 pm



With special thanks and appreciation:



**Presenter:** Laura van Dernoot Lipsky, Founder and director of The Trauma Stewardship Institute and author of Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.

Laura's concept of stewardship is based around the idea that a deeper understanding of trauma exposure and the tools for navigating systems will enable people to do their work better. Her talks often touch listeners to the core, but she consistently inspires audiences with laughter and a profound sense of hope.

*We can greatly enhance our potential to work for change by developing the deep sense of awareness needed to care for ourselves while caring for others and the world around us.*

Auxiliary aids and services are available upon request to individuals with disabilities.

Please call 541.774.5924, at least 48 hours in advance if assistance is needed.

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