

Living the Protective Factors Training

A trauma informed two-day in person training for providers assisting families with living the protective factors. This training includes a day of understanding the Protective Factors with head and heart, with interactive and experiential activities that engage the whole person which allows participants to explore integrating the protective factors into mind, body and spirit for themselves first.

Day one can also operate as a standalone training appropriate for parents and providers and begins with introducing participants to the ACES (Adverse Childhood Experiences Study) and the long term negative effects of trauma, offering participants an opportunity for a mini-self-assessment of trauma they may have experienced in their own childhood and then offering the Strengthening Families™ Protective Factors as a way to mitigate trauma. Participants will then examine how the protective factors are operating in their own lives through individual deep self-reflection and peer to peer learning, explore ways in which to build each protective factor and use their own personal discoveries as a foundation for assisting families with living and building the protective factors. Participants will also be introduced to and given a copy of **Living the Protective Factors: How Parents Keep Their Children Safe and Families Strong**, a collection of lessons learned from parent cafés.

The second day of training focuses on how providers can effectively assist families with living the protective factors. Participants will be asked to think about, and explore, how they, as providers, can present the protective factors to parents as medicine with the potential to heal trauma, stop negative patterns in relationships, enhance positive home environments, and transform unhealthy or dangerous home environments to positive, safe and nurturing ones.

On day two each participant will be introduced to and given a copy of **Living the Protective Factors Workbook**, written for parents which includes 49 days of activities to build the protective factors at home. Participants will become familiar with how to use the workbook with parents, as well as their own creativity and knowledge about the protective factors to assist parents with discovering their inner strengths and the tools needed to create and maintain healthy strong families.

Capacity: 40 participants

Training Costs: \$5000.00 includes **Living the Protective Factors: How Parents Keep Their Children Safe and Families Strong** and **Living the Protective Factors Workbook**.

For More Information please contact:

Dara Long-Griffin, VP Parent and Public Engagement
(805) 205-2505 office, (847) 868-4132 mobile
dara@bestrongfamilies.net