



BRAVING THE STORM

**Building Resilience & Skills to
Manage Secondary Trauma
& Moral Distress**

*A new training series featured during
Bring Your Own Lunch & Learn starting in January 2025*



January 21st • Part 1
What's the Storm?

Education on Secondary Trauma & Moral
Distress

February 18th • Part 2
Taking Inventory in the Storm:
Self-Assessment

March 18th, April 22nd, May 20th • Part 3
Seeking Shelter in the Boat:
Building Resilience & Skills

June 24th • Part 4
Finding Healing in the Water:
Cultural Self Care



CEUs AVAILABLE