

Special Events for Creating Trauma-Sensitive Schools Conference 2021

Join in the fun! Practice radical self-care by learning a new skill, meeting others with similar hobbies, or getting to know other attendees. Pick ONE event to choose as your FREE event when you register.

Starting in November, Special Events may be available for purchase by attendees.

Note that some are for Educators; some for Parents AND many are limited and will fill up FAST!

(All times are designated as Eastern Standard time.)

Monday, Feb 15, 2021

2:35-3:20 pm

Coffee with the Keynote: Dr. Tina Payne Bryson (limit: 100)

Join our Monday Keynote, Dr. Tina Payne Bryson for a casual Q&A session. Grab a cup of coffee, or your favorite beverage and bring your questions.

Brain Breaks

Jan Bozowski

Sometimes your kids (or you!) just need a quick activity to re-center, regulate, shift gears, or rejuvenate. This participatory workshop will introduce a variety of active brain breaks that can be used with individuals or classes to reset your brain for whatever comes next.

The Art of Self-Care: tending to your needs through easy art & journal prompts (limit: 50)

Rachelle Archer

Learn a simple technique for checking in with yourself and tending to your own needs with a simple daily journal and art practice. No prior art experience necessary!

Circling Back Home to Ourselves: Returning to Safety in the Body through Movement, Mindfulness, and Expression

Sarah Sampson

Sarah Sampson utilizes the tools of embodiment, stillness, breath, and restorative circle processes to create a container where we can come home to the safety of our minds, bodies, and hearts. Come prepared for a journey through movement and sharing.

B.R.E.A.T.H.E.™ with eM-Flo™

Wendy DeGraffenried

eM-Flo is a technique for Emotional Flopping, a daily strategy for self-check ins assessing emotions, sensations, physical and/or psychological pain, and intensity.

7:00-7:30 pm

Networking Reception: Part A – (limit 100; for Educators)

Been to a virtual cocktail party? Us neither, but join us and casually meet other conference attendees as you mingle through breakout rooms. We'll help you!

Parent Reception: Part A – (limit 50; for Parents)

Let's socialize virtually! Come to this casual meet and greet and get to know other parents and caregivers as you mingle through breakout rooms.

7:00 -7:45 pm

Essential Oils for Educators (for Educators)

Laura Santos

Join Laura, a trauma-informed school social worker to learn how to essential oils can be used for your own self-care and even in the classroom.

7:45 – 8:15 pm

Networking Reception: Part B – (limit 100; for Educators)

Been to a virtual cocktail party? Us neither, but join us and casually meet other conference attendees as you mingle through breakout rooms. We'll help you!

Parent Reception: Part B – (limit 50; for Parents)

Let's socialize virtually! Come to this casual meet and greet and get to know other parent and caregivers as you mingle through breakout rooms.

8:00 – 8:45 pm

The Art of Self-Care: tending to your needs through easy art and journal prompts

Ann Davis

Learn a simple technique for checking in with yourself and tending to your own needs with a simple daily journal and art practice. No prior art experience necessary!

8:30-9:00 pm

Networking Reception: Part B – (limit 100; for Educators)

Been to a virtual cocktail party? Us neither, but join us and casually meet other conference attendees as you mingle through breakout rooms. We'll help you!

Parent Reception: Part B – (limit 50; for Parents)

Let's socialize virtually! Come to this casual meet and greet and get to know other parents and caregivers as you mingle through breakout rooms.

Tuesday, Feb 16, 2021

10:00-10:45 am

Being Present: Mindfulness & Meditation (limit: 30)

Jane Samuel

To be present for the students/children in our lives, we need to be present for ourselves. Easier said than done! After a brief stop in the science of bodily presence, we will explore different grounding, mindfulness and meditation experiences that can help us put our own "oxygen mask on before administering the child's."

2:35-3:20 pm

Coffee with the Keynote: Ingrid Cochren (limit 100)

Join our Tuesday Keynote, Ingrid Cochren for a casual Q&A session. Grab a cup of coffee, or your favorite beverage and bring your questions.

Visual Arts: Pencil Play

Cally Flox

Need description

B.R.E.A.T.H.E.™ Stringing Pearls of Joy

Wendy DeGraffenried

Participants will discover how they can create new neural pathways with new positive habits by reliving moments of joy, gratitude, and practicing simple mindfulness strategies.

Using Pets Therapeutically (for Parents)

Jeana Osborn

Parents, how can you use pets therapeutically and safely in your home? A panel of youth help explain.

7:00-7:45 pm

Finding a guiding image for difficult times: an artistic exploration of grounding, purpose, and inspiration

Rachelle Archer & Ann Davis

Join this creative space where you will explore your why as an educator through collage art, creative writing, and gentle movement. No prior art experience necessary.

Mindfulness Coloring with Tif (for Parents)

Tif Junker

Join Tif for a relaxing session with her mindfulness coloring book, the Whole-Hearted, Whole Brain Parenting Book. Tif will share her family's Manifesto that is captured in the coloring book, which is a trauma-informed/attachment-focused extension of Brené Brown's Whole-Hearted Parenting Manifesto.

Essential Oils for Parents & Caregivers (for Parents)

Cheryl Dickason

Essential oils for your family: Learn about safe usage, benefits, how the oil could benefit the caregiver as well as child, how to know the purity and efficacy of the oils and the best way to use this in self-care.

School Has Gone to the Dogs (for Educators)

Jeana Osborn

Educators - how animals can help in a trauma-sensitive classroom? Hear from student panel.

“Knit & B*tch” – a session for Educators (limit: 30; for Educators)

Ilene Pawlek & Melissa Sadin

Does yarn help you de-stress? Bring your WIP (work-in-progress) and chat with other attendees about yarn craft or anything else on your mind.

8:00- 8:45 pm

Body Beat Drumming (limit: 30)

Jan Bozowski

Group drumming can be used to develop skills in focusing, managing stress, and team building. Emphasizing process, not performance, drumming can be used with any age group. This introduction to the power of group drumming requires no equipment except curiosity and an eagerness to participate.

Learn About Wine (limit 50)

TBD

Let's talk about wine. Bring your favorite and learn tips on how to read labels and buy/order wine you'll really like, even if you're a budget shopper!

Parent Chat – Part 1 (limit: 50; for Parents)

Ginger Healy

Join Ginger and some of the presenters from the Parent/Caregiver track for an informal chat. Dress comfy and bring your questions.

Stable Moments: Trauma-Informed Mentorship

Rebecca Britt

Explore a strategy and framework for community groups mentoring children in a trauma-informed way. Join Rebecca, a veteran social worker and equestrian who will describe how this program, using horses or not, can plant seeds of resilience.

Storytelling

Drew Lacefield

Gather 'round for a story and some insights into the art of storytelling. Drew Lacefield, an ATN Board Member will share her wisdom.

Wednesday, Feb 17, 2021

9:00-9:45 am

Trauma Sensitive Yoga for Every Body (limit: 30)

Kimberly Bramfeld

Come to Trauma Sensitive Yoga for Every Body! Open to all levels from those who have never tried yoga, to experienced yoga teachers.

10:00-10:45 am

Trauma Sensitive Yoga for Adults/Teens

Keri Sawyer

Come experience Trauma-Sensitive Yoga and learn the difference. Open to all levels from those who have never tried yoga, to experienced yoga teachers.

Being Present: Mindfulness & Meditation (limit: 30)

Jane Samuel

To be present for the students/children in our lives, we need to be present for ourselves. Easier said than done! After a brief stop in the science of bodily presence, we will explore different grounding, mindfulness and meditation experiences that can help us put our own "oxygen mask on before administering the child's."

2:35-3:20

Coffee with the Keynote: Dr. Melissa Sadin (limit 100)

Join our Wednesday Keynote, Dr. Melissa Sadin for a casual Q&A session. Grab a cup of coffee, or your favorite beverage and bring your questions.

Growing @ Home with Creating a Safe Space Just for YOU

Anna Paravano, MS

Learn to use the spaces and objects you already own to create a safe place that is grounding, helps to create resilience and is personalized to your needs, temperament and personality. This workshop is interactive so you are encouraged to bring an object from your home that promotes positive feelings or thoughts or that you find comforting.

Parent Chat – Part 2 (limit: 50; for Parents)

Ginger Healy

Join Ginger and some of the presenters from the Parent/Caregiver track for an informal chat. Dress comfy and bring your questions.

Art Journaling to Bring Out the Artist in You! (limit: 100)

Kimberly Bramfeld

Come to Art Journaling to Bring Out the Artist in You! Do you feel that you're not artistic? Through this workshop, you'll learn to express yourself in order to discover yourself.

Revolutionary Resilience

Doris Bowman

Come learn and experience simple, time-efficient practices that can effectively re-pattern your nervous system baseline for decreased overall stress, anxiety and

overwhelm, and improved immune function, physical wellness, and emotional wellness for the long-term.

Thursday, Feb 18, 2021

10:00-10:45 am

Trauma-Sensitive Yoga...What Works for Children

Keri Sawyer

Come experience Trauma-Sensitive Yoga for yourself, but also learn the variations and specifics for using TCTSY yoga with children (at home or in the classroom)

Nia Movement Experience (limit: 50)

Brigid O'Shaughnessy

Nia is a mind/body practice that blends dance, martial arts, and the healing arts, all done to world music, and can be done by anyone as a tool for self-care, regardless of experience level.

Balance and Stress Relief for Trauma-Informed Educators: Put Your Oxygen Mask on First (for Educators)

Cara-Leigh Battaglia

Join me to identify our actions/reactions and identify ways to regain balance and strengthen our physical, mental and emotional wellness. Learn simple biofeedback and stress relief techniques that will work for both you and the kids!

Being Present: Mindfulness & Meditation (limit 30)

Jane Samuel

To be present for the students/children in our lives, we need to be present for ourselves. Easier said than done! After a brief stop in the science of bodily presence, we will explore different grounding, mindfulness and meditation experiences that can help us put our own "oxygen mask on before administering the child's."

2:35-3:20 pm

Coffee with the Keynote: Dr. Mona Delahooke (limit: 100)

Join our Thursday Keynote, Dr. Mona Delahooke for a casual Q&A session. Grab a cup of coffee, or your favorite beverage and bring your questions.

Let's Juggle

Jan Bozowski

Juggling can be done by EVERYONE if we use juggling scarves instead of balls. This cross-lateral, rhythmic activity is excellent for your brain development and good for impressing others! Recommended though not mandatory: buy 3 juggling scarves (cost about \$10 online) so you can benefit fully from this session; otherwise you will learn mime juggling!

B.R.E.A.T.H.E.™ Acknowledging Grief and Finding Grace

Wendy DeGraffenried

Recognize present and ongoing grief and develop a daily mindful practice consisting of eM-Flo with 4-7-8 Breathing and Stringing Pearls of Joy with strategies of gratitude and joy practices.

“Knit & B*tch” – a session for Parents & Caregivers (limit: 30; for Parents)

Lorraine Schneider

Does yarn help you de-stress? Bring your WIP (work-in-progress) and chat with other parents/caregivers about yarn craft or anything else on your mind.