



TRANSFORMATIVE HEALING

# Secondary Traumatic **STRESS**

\*this session will take place via Zoom

## THURSDAYS 1PM-2PM

### REGISTER IN FACES

FEBRUARY 23

LOVE THY NEIGHBOR: THE IMPORTANCE OF HUMANITY

MARCH 30

ME, MYSELF AND SELF-CARE

APRIL 27

FOCUSED ON FIT

MAY 25

SPRINGING INTO ACTION

JUNE 29

TIME TO SOAK UP THE SUN: THE IMPORTANCE OF RELAXATION

CWTA CHILD WELFARE TRAINING ACADEMY  
OFFICE OF PLANNING, POLICY & PROGRAM SUPPORT