

Trauma Informed System (TIS 101)

- **10:00am-12pm**
 - Introduction
 - Overview
 - Understanding Trauma and Stress
 - Cultural Humility and Equity
 - Safety and Stability Compassion and Dependability
- **LUNCH (12:00pm-12:30pm)**
- **12:30pm-2:00pm**
 - Collaboration and Empowerment
 - Resilience and Recovery
 - Commitment to Change Activity
 - Questions/Discussion