

9/15/2026

TRAUMA TRAINING TUESDAY

VIRTUAL/ZOOM

THIRD TUESDAY OF THE MONTH

Self-Regulation Toolkit

Back-to-school season brings new routines, expectations, transitions—and often plenty of stress for both children and adults. In this practical Trauma Training Tuesday, Kelsey will explore how stress affects our ability to regulate emotions and respond effectively when things get difficult. Parents, educators, caregivers, and helping professionals will leave with simple, accessible self-regulation tools they can use themselves and share with the children and young people in their lives. Because, helping kids find their calm often starts with finding our own.



Kelsey Castillo Hopkins is a public health professional and Executive Function Coach with experience in higher education, community engagement, and behavior change. She specializes in helping individuals strengthen executive function skills and develop practical strategies for achieving their goals. Read more [here](#).

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on September 15th. It will be recorded for later viewing. No need to RSVP to join, and please share!

Topic: Self-Regulation Toolkit

Time: September 15, 2026– 12:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/81768933438?pwd=am9HZmxxSkgjTmRDtDBFRzMzdjlhUT09>



The City of Worcester

Department of Health and Human Services
Division of Public Health

