

3/21/2023

TRAUMA TRAINING TUESDAY

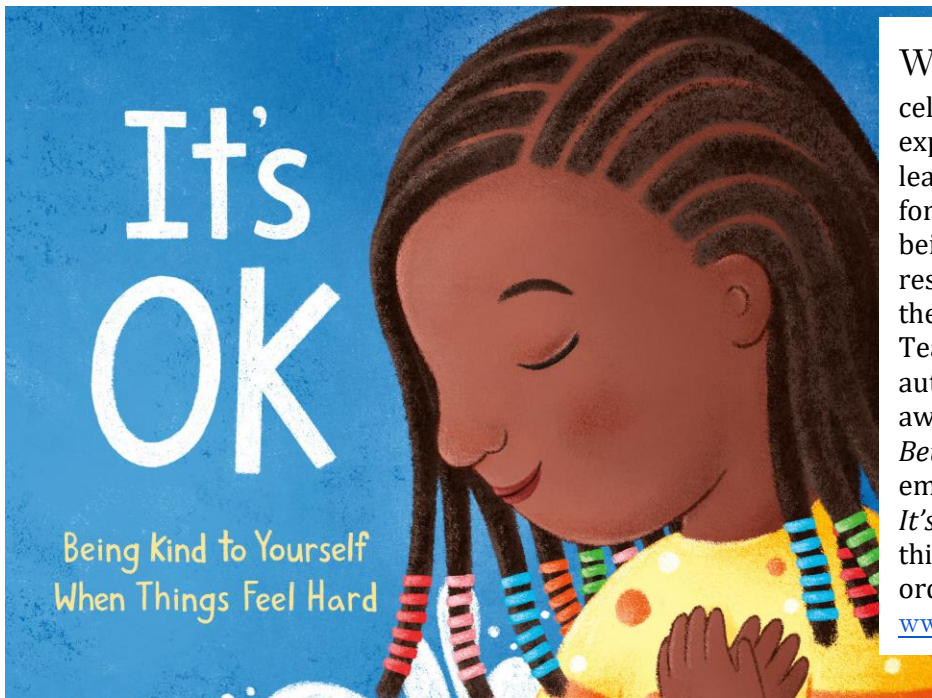
PANDEMIC VIRTUAL EDITION

THIRD TUESDAY OF THE MONTH

12:00 P.M.-2:00 P.M.

USING SELF COMPASSION TO HEAL FROM TRAUMA

Whatever our age, when something bad happens, it is instinctual to want to find something or someone to direct our hard feelings towards. Very often, and especially in childhood, we place blame on ourselves. This is one of the most harmful aspects of trauma and shame. Feeling bad about yourself can lead to difficulties in all aspects of life. Wendy O'Leary will share what self-compassion is and how it can help. In her gentle and loving way, she will provide an opportunity for people of all ages to bring more self-compassion and healing into their lives through these evidence-based strategies.



Wendy O'Leary, M.Ed. is a celebrated Author and Speaker with expertise in social and emotional learning for children and mindfulness for adults. She teaches skills for well-being, emotional regulation, and resiliency and is a certified member of the International Mindfulness Teachers Association. She is the co-author of three children's books- the award-winning *Breathing Makes It Better*, *The Monster Parade*, to support emotional regulation and her latest, *It's OK* on being kind to yourself when things feel hard, available for pre-order. You won't want to miss it! www.wendyoleary.com

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on March 21st. It will be recorded for later viewing. No need to RSVP to join, and please share!

Topic: Using Self-compassion to heal from Trauma

Time: March 21, 2023- 12:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/85085722386?pwd=WjQlcGE0QUsvdGpmaXR4Q2FJMETLZz09>

WORCESTER
ACT's
Addresses Childhood Trauma