

FREE Trauma Awareness Training

For Buckinghamshire sponsors hosting Ukrainian refugees.

Are you a sponsor, hosting Ukrainian refugees in Buckinghamshire?

If so Buckinghamshire Mind are providing FREE trauma awareness training to help you feel confident in your new role and know where to turn to should you need support.

Supporting someone's wellbeing: Trauma Awareness Training for Hosts, is a 90 minute workshop where you will learn what trauma is, common reactions and how to support someone experiencing trauma. The training will highlight practical steps we can take to reduce the impact on our own mental health, as well as knowing what to do when someone is experiencing a mental health crisis. Buckinghamshire Mind have a wealth of services in your local community, which seek to create a friendly, non-judgemental, and inclusive environment. We know that it is really, important that our services are a place where people feel safe and secure. We aim to help reduce isolation, provide structured, fun activities, and build confidence and self-esteem.

For more information or any questions please contact training@bucksmind.org.uk

How to Register

To sign up to one of our workshops please select your preferred time and date, clicking on the Eventbrite link.

Date	Time	Eventbrite Link
Tuesday 24 th May	8.30am – 10am	Trauma Awareness Training for Sponsors hosting Ukrainian Refugees Tickets, Tue 24 May 2022 at 08:30 Eventbrite
Tuesday 31 st May	8.30am – 10am	Trauma Awareness Training for Sponsors hosting Ukrainian Refugees Tickets, Tue 31 May 2022 at 08:30 Eventbrite
Wednesday 1 st June	6.30pm – 8pm	Trauma Awareness Training for Sponsors hosting Ukrainian

		Refugees Tickets, Wed 1 Jun 2022 at 18:30 Eventbrite
Wednesday 8 th June	1.00pm – 2.30pm	Trauma Awareness Training for Sponsors hosting Ukrainian Refugees Tickets, Wed 8 Jun 2022 at 13:00 Eventbrite
Thursday 9 th June	6.30pm – 8pm	Trauma Awareness Training for Sponsors hosting Ukrainian Refugees Tickets, Thu 9 Jun 2022 at 18:30 Eventbrite
Thursday 16 th June	1.00pm – 2.30pm	Trauma Awareness Training for Sponsors hosting Ukrainian Refugees Tickets, Thu 16 Jun 2022 at 13:00 Eventbrite