

# Community Education Service



*Improving emotional health and well being*

# Understanding the Brain and Stress

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This presentation will focus on increasing knowledge of brain development, brain functioning, the stress response system, the impact of trauma on the brain, and ways to increase functioning in the context of caregiving relationships. The lens from which these topics will be discussed is from Dr. Bruce Perry's Neurosequential Model. This presentation will aim to increase caregiver compassion, flexibility and confidence.

Wednesday, March 18, 2020  
6:30 - 8:00 pm  
Hull Services – Social Room  
2266 Woodpark Avenue SW

## FREE Learning

[Register](#)

<https://community.hmhc.ca>