

# Community Education Service



*Improving emotional health and well being*

## Trauma Informed Care Approaches – Translating Trauma-Informed Principles Into Action

Ashley Meagher BA CYC & Stephanie Sands BSc. Psychology,  
Rocky View School Division & MHC B Stepping Stones to Mental  
Health

**This free community-focused session explores the role that traumatic experiences can have in people's everyday life. The focus of this information is to offer a generous approach by implementing skills that help community adopt a trauma - informed approach in the relationships and roles they have. Trauma is part of human experience and working from a trauma - informed lens acknowledges the prevalence of trauma within the population. As such, adults can anticipate that they will often serve individuals who have experienced or been affected by trauma. The hope of sharing this information is that together we can create a kinder more generous community for everyone.**

**June, 2023  
5:30-8:30pm**

**Click here to  
register  
FREE  
online event**

---

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction, Mental Health & Psychiatry Program (CAAMHPP) of Alberta Health Services & Rocky View School Division & MHC B Stepping Stones to Mental Health.