



NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: September 22, 2020
Contact: Troi Gale, West End Library Manager
360.374.6402 or TGale@nols.org
Re: Resilience Month: Virtual Workshops
Attached: *Resilience Workshops.jpg*

The North Olympic Library System (NOLS) has teamed up with The Clallam Resilience Project and other partners to bring a virtual series focused on building knowledge, skills, and resilience during this challenging time. Each workshop will focus on a specific topic related to resiliency. Registration is required for each workshop to receive the Zoom information. Registration links can be found at www.nols.org.

September 23, 9-11am: A.C.E.S. This training identifies and explains all 10 Adverse Childhood Experiences (ACEs). It explores the long term effects that ACEs have on physical and mental health, and discusses preventative measures, resiliency, and how to address the needs of children with a high ACE score.

October 7, 9-11am: Trauma 101 This training defines trauma, and explores the impact of trauma on the individual. It will heighten awareness of individualized cues so they will know what to expect and how to respond when someone experiences trauma triggers.

October 21, 9-11am: Resiliency This training provides information on how to foster resilience in children. It looks at factors such as the human adaptive process, core protective

systems, and ways to cope with trauma. The training ends with a discussion around how caregivers can help their children feel safe, capable and loveable.

November 4, 9-11am: Secondary Trauma & Self Care This training will explain Secondary Traumatic Stress, Compassion Fatigue, and Vicarious Trauma. Participants will be able to recognize warning signs and personal triggers, understand the importance of self-care, and develop a personal self-care plan.

Sponsors for Resilience Month Workshops include: Clallam Resilience Project, United Way of Clallam County, Coordinated Care, Clallam County 4-H, Lower Elwha Klallam Tribe, Prevention Works, Quileute Human Services, and the North Olympic Library System.

Additionally, NOLS will be celebrating Resilience Month by offering free Resilience Kits for pickup during curbside hours beginning Monday, October 5.

For additional information on programs and services happening at your library, visit www.nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.

RESILIENCE MONTH

A series of free workshops for community service providers

Workshop Title	Date	Time
A.C.E.S	Wednesday, September 23rd	9:00 - 11:00 AM
TRAUMA 101	Wednesday, October 7th	9:00 - 11:00 AM
RESILIENCY	Wednesday, October 21st	9:00 - 11:00 AM
SECONDARY TRAUMA & SELF CARE	Wednesday, November 4th	9:00 - 11:00 AM

Free, virtual workshops on resiliency September 23 – November 4.

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