
Monday, May 2

7:00 p.m. - 8:00 p.m.

Monday Meet Up: Why Therapy?

HOST: PA Office of Victim Advocate

On the first Monday night of every month, the PA Office of Victim Advocate hosts a public forum to empower survivors, share information, and hear directly from crime victims. In May, chat about the benefits of therapy for crime survivors.

How to Join?

<https://www.facebook.com/PAOfficeofVictimAdvocate>

Tuesday, May 3

11:00 a.m. - 12:00 p.m.

How Early Experiences Shape Healthy Brains

HOST: UPMC Western Behavioral Health

Look at aspects of early development and how trauma--for the child, the parent, or both--disrupt healthy emotional and relationship development. Target Audience: Mental health professionals working with children and adolescents.

How to Join?

Registration Required.
<https://rebrand.ly/xird5d4>

Wednesday, May 4

9:00 a.m. - 11:00 a.m.

Understanding & Confronting Commercial Sexual Exploitation

HOST: Mission Kids

Learn about Commercial Sexual Exploitation of Children (CSEC), and how kids and teens are vulnerable to these crimes. This session is open to both therapists and advocates to identify and response appropriately to victims of exploitation.

How to Join?

[Meeting Registration - Zoom](#)

Wednesday, May 4

8:00 p.m. - 9:00 p.m.

What Happened to You? Coach? Connecting the Dots

HOST: Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You? by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

How to Join?

[Launch Meeting - Zoom](#)

Thursday, May 5

11:00 a.m. - 12:00 p.m.

DEI and the Trauma Informed PA Plan

HOST: PA Office of Advocacy and Reform

Learn more about the intersections between the PA Trauma Informed Plan and the Diversity, Equity and Inclusion initiatives within the Commonwealth. Participants will have an opportunity to consider how the TIPA plan and OARs DEI initiatives can be implemented in their own community.

How to Join?

[Launch Meeting - Zoom](#)

Friday, May 6

Read at Leisure

Empowerment through Common Language

HOST: PA Department of Education (PDE)

PDE solicited input on trauma-informed practice across Pennsylvania. An immediate recommendation was to develop a common language document to ensure that regardless of background, training, educational level or setting, team members are "speaking the same language."

How to Read?

[Empowerment Through Common Language in PA](#)

Monday, May 9

2:00 p.m. - 3:00 p.m.

Creating Trauma-Informed Workspaces

HOST: PA Office of Advocacy and Reform

Utilizing the Professional Quality of Life Scale, along with components of the Trauma Informed PA Plan, this session considers the roles in creating trauma informed work spaces, a priority in Pennsylvania. Open to individuals in both for profit and nonprofit organizations.

How to Join?
[Launch Meeting - Zoom](#)

Tuesday, May 10

1:00 p.m. - 2:00 p.m.

Trauma and the Stress Response System

HOST: Liam N. Power, HEAL PA

This event focuses on the impact of trauma and stress on neurotypical functioning. This session will underscore the importance of social emotional intelligence and explore how trauma-informed practices benefit all people, regardless of their individual trauma exposure.

How to Join?
[Launch Meeting - Zoom](#)

Wednesday, May 11

3:30 p.m. - 4:30 p.m.

The Impact of War on Children: Consider the Trauma of War in Ukraine

HOST: Dr. Omar Reda

This session will describe the psychosocial impact of war, armed conflict, and inter-personal violence on children, and explore ways for parents and caregivers to help children through the trauma of war.

How to Join?
[Launch Meeting - Zoom](#)

Wednesday, May 11

8:00 p.m. - 9:00 p.m.

What Happened to You? Coach? From Coping to Healing

HOST: Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You?" by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

How to Join?
[Launch Meeting - Zoom](#)

Thursday, May 12

Watch at Leisure

Equitable Practices Through a Trauma Informed Lens

HOST: PA Department of Education (PDE)

This recorded webinar focuses on development of a common language for equity and trauma in schools and how the integration of equitable practices for all students, staff, and families is an integral basis for trauma informed work in a school.

How to Watch?
[Webinar: YouTube](#)

Friday, May 13

Listen at Leisure

Trauma in Schools: Nurturing the Emotionally Safe School Environment

HOST: PA Department of Education (PDE)

Dr. Dana Milakovic, the state-wide PDE advisor for Trauma (K-12), shares how forming relationships with members of the community is an easy, free way to form connections and gain knowledge from a diverse population that can form solutions.

How to Listen?
[Quetico Coaching Podcast](#)

Sunday, May 15

1:00 p.m. - 1:30 p.m.

Dancing Mindfulness: A Creative Pathway to Healing

HOST: Denina Bautti, Sage Action Consulting

Connect with your body and breath using the power of music, movement, and awareness. Dancing Mindfulness is a movement meditation practice for everyone regardless of age, body type, fitness level, or experience. Come as you are and move as you wish, which can be seated, standing, or reclined.

How to Join?

[Registration Required - Zoom](#)

Monday, May 16

11:00 a.m. - 12:00 p.m.

My Ancestor's Wildest Dreams: Forging a Path from Sankofa to Healing

HOST: TaLisa Ramos, MSW, LSW, CCTP-I

This presentation will take a deep dive into healing collectivist communities and specifically focusing on the mental health needs of our Black, Indigenous, and People of Color. Explore how culture and ancestral strength can provide a framework for intergenerational healing and restoring collective wounds.

How to Join?

[Launch Meeting - Zoom](#)

Tuesday, May 17

12:00 p.m. - 1:30 p.m.

Restoring Trust After Childhood Trauma

HOST: Beth Tyson, Psychotherapist, Grief & Trauma Expert, Author

Learn how adverse childhood experiences (ACE's) and trauma impact the child's brain and nervous system. Take away practical, evidenced-based tools you can implement right away to begin the healing process for you and the children you love.

How to Join?

[Launch Meeting - Zoom](#)

Wednesday, May 18

Watch at Leisure

Trauma-Informed Family and Community Engagement

HOST: National Association for Family, School, and Community Engagement

Community-based organizations, school districts, and state education agencies discuss how their respective systems are working to address trauma and increase teacher well-being during times of heightened stress.

How to Watch?

[Recorded Webinar - YouTube](#)

Wednesday, May 18

8:00 p.m. - 9:00 p.m.

What Happened to You? Coach? Post-Traumatic Wisdom

HOST: Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You?" by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

How to Join?

[Launch Meeting - Zoom](#)

Thursday, May 19

11:00 a.m. - 1:00 p.m.

Creating a Trauma-Informed Criminal Justice System in PA

HOST: HEAL PA Criminal Justice Action Team

Representatives of the CJAT committees (prevention, juvenile justice, policing, courts, corrections, probation/parole/reentry) will explain the challenges and efforts to create a trauma-informed system during the Bucks-Mont Collaborative Virtual Community Summit.

How to Join?

[Launch Meeting - Zoom](#)

Thursday, May 19

12:00 p.m. - 1:30 p.m.

Day of Listening

HOST: Unite to Heal PA

Unite to Heal PA, a YWCA initiative, is hosting a Day of Listening to hear from the BIPOC community across PA to understand their concerns and needs as individuals and community members, and how those needs, and concerns pertain to race. Hosted by BIPOC facilitators, and all are welcome to attend.

How to Join?

[Launch Meeting - Zoom](#)

Friday, May 20

12:00 p.m. - 12:50 p.m.

Lunch Break Yoga Reset

HOST: Pennsylvania Court Appointed Special Advocate (CASA) Association

A virtual, all levels yoga session provides an opportunity to balance life and professional stress through yoga and deep breathing. Can benefit anyone looking to relax and rest in the middle of the day. Lead by Betsy Savoia with specialty certifications in restorative yoga, trauma-informed yoga, and more!

How to Join?

[Launch Meeting - Zoom](#)

Saturday, May 21

Watch at Leisure

Bullying as a Traumatic Experience

HOST: Center for Schools & Communities

This presentation focuses on identify bullying as a type of school violence and understanding it as a type of traumatic experience for students and staff. Learn how adults can use trauma-informed principles to address exposure to trauma.

How to Watch?

[Vimeo Recorded Video](#)

Monday, May 23

Watch at Leisure

Trauma Informed Instruction, Culture and Climate, Equity and Bullying

HOST: PA Department of Education (PDE)

This presentation provides an overview of PDE's initiatives to promote safe and supportive schools, with a focus on how addressing school climate through the lens of equitable trauma-informed practices enhances safety for staff and students.

How to Watch?

[YouTube](#)

Tuesday, May 24

12:00 p.m. - 1:30 p.m.

Screening for ACEs & Resilience: How to approach clients, provide resources, and follow up

HOST: Chester County ACEs Coalition

Focuses on reviewing the importance of screening for ACEs/trauma, recognizing best practices in administering screenings, and understanding how to provide support when a client scores high for ACEs. Also identify ways to promote hope and healing in order to build resilience.

How to Join?

[Launch Meeting - Zoom](#)

Wednesday, May 25

8:00 p.m. - 9:00 p.m.

What Happened to You? Coach? Our Brains, Our Biases, Our Systems

HOST: Martin Simms, Dr. Bruce Perry, and Oprah Winfrey

A lightly moderated discussion about the book "What Happened to You? by Oprah Winfrey and Dr. Bruce Perry with Youth Sports Coaches. Covering trauma related topics that have to do with the challenges of coaches and young players in sports today.

How to Join?

[Launch Meeting - Zoom](#)

Wednesday, May 25

1:00 p.m. - 2:00 p.m.

Tattoos As Therapy: Exploring the Role of Tattoos for the Trauma Survivor

HOST: Dr. Everett Painter

Our understanding of this body modification practice is incomplete due to a social history of stigma and bias. This program will address the therapeutic role tattoos play in trauma survivor wellness and recovery. Practical application will be discussed based on current findings backed by theoretical and conceptual literature.

How to Join?

[Launch Meeting - Zoom](#)

Thursday, May 26

3:00 p.m. - 4:15 p.m.

Aversion to Medical Care: A Survivor's Story and the CAC Perspective

HOST: Children's
Advocacy Centers of
Pennsylvania

Survivors of child sexual abuse often carry trauma that can cause them to avoid medical care later in life, especially if they are afraid to undress for exams or undergo procedures that may trigger a trauma response. A survivor of abuse shares her experience.

How to Join?

[Registration Required - Zoom](#)

Friday, May 27

11:30 a.m. - 3:30 p.m.

Trauma Informed Education Coalition: Straight Talk About the Crisis in Education

HOST: Trauma Informed
Education Coalition (TIEC)

Experts will analyze and explore solutions to the overall trauma experienced by communities, students, and educators across the country.

How to Join?

[Launch Meeting - Zoom](#)

Sunday, May 29

7:00 p.m. - 8:00 p.m.

Resilience Through Trauma

HOST: Jennifer Ozgur

Trauma results in emotional - and sometimes physical -- injury. However, there are certain protective factors that allow children to rise above the pain and thrive despite any adverse childhood experiences. Participants will learn the three key components to resilience and leave with actionable steps to support children through their trauma.

How to Join?

[Launch Meeting - Zoom](#)

Monday, May 30

12:00 p.m. - 1:00 p.m.

Collectively Rooted Presents: Talk About it Be About it- How We Heal

HOST: Office of Advocacy
and Reform &
Collectively Rooted

This session kicks off Dr. Bessel Van Der Kolk's Summer Trauma Training Series. An introduction video offers a peek into the importance behind the upcoming series. All trainings in the series will be available free of charge.

How to Join?

[Launch Meeting - Zoom](#)

Tuesday, May 31

2:00 p.m. - 3:00 p.m.

Now What? A Cross-State Discussion on Building the Movement

HOST: Campaign for
Trauma-Informed Policy
and Practice (CTIPP)

A discussion with various states who have begun to build their trauma-informed movements through the development of coalitions. Participants can learn about the steps taken and how to begin the movement in their own states.

How to Join?

[Launch Meeting - Zoom](#)