



# LUNCH ROOM MEETUP

Monthly Virtual Meetups + Community Care Wellness Resources

## Take your break and join us for the Virtual TIC Lunch Room Meetup!

CHCANYS, in partnership with the University at Buffalo's Institute on Trauma and Trauma-Informed Care (ITTC), Texas Association of Community Health Centers (TACHC), and Kinshift will host a monthly 8-part virtual meetup every second Wednesday starting on May 12 through December 8 from 12-1 PM to highlight the benefits and nuances of providing intentional TIC at your Health Center to both staff and patients. The lunch room meetups and wellness resources are for all Health Center Staff.

## MEETUP SCHEDULE

Session 1: **5/12 at 12 PM - TRAUMA-INFORMED CARE (TIC) 101**

Session 2: **6/9 at 12 PM - TIC: TRULY INFORMED CARE AT HEALTH CENTERS**

Session 3: **7/14 at 12 PM - THE IMPACT OF THE WORK**

Session 4: **8/11 at 12 PM - THE IMPORTANCE OF TIC FOR VULNERABLE POPULATIONS**

Session 5: **September Session is Pre-Recorded - TRAUMA, RESILIENCE, & ANTI-RACISM IN HEALTHCARE** (The webinars on 9/14 at 10 AM and 9/16 at 1 PM are cancelled.)

Session 6: **10/13 at 12 PM - PRACTICING THE APPLICATION OF TIC IN HEALTH CENTERS**

Session 7: **11/10 at 12 PM - DECISION FATIGUE/MORAL DISTRESS**

Session 8: **12/8 at 12 PM - BRINGING TIC TO YOUR HEALTH CENTER**



## COMMUNITY CARE CORNER

The workforce's emotional wellness is crucial for Health Centers to continue providing high-quality care to the community. To support Health Centers in encouraging staff wellness, all staff participating in the Lunch Room Meetup will have access to the TIC 'TLC' resources listed below.

### Mini-Live Sessions\* include :

- **GUIDED MEDITATION**
- **BREATHING/GROUNDING EXERCISES**
- **GRATITUDE PRACTICE**
- **MANIFESTING & VISIONING**

\*Join us for 15 min on the 15th of June, July, Sept, Dec at 1 PM

### Mini-Recordings include:

- **WAYS TO MANAGE STRESS**
- **MANAGING TRANSITIONS & UNCERTAINTY**
- **COPING WITH ISOLATION**
- **HONORING GRIEF & LOSS**
- **NAVIGATING WORKPLACE WORRY, STRESS & FEAR**

**FOR MORE INFORMATION & TO REGISTER [CLICK HERE.](#)**

Participation is free, but pre-registration is required.

Please contact Adriana at [achacon@chcanys.org](mailto:achacon@chcanys.org) with any questions.