

THE HURON - PERTH CATHOLIC DISTRICT
SCHOOL BOARD PRESENTS

EMPATHY IN ACTION

Join us **IN PERSON** for a three-part series on how trauma shapes our lives, and the relationship between tension-reducing behaviours and addictions.

Facilitated By:

Rami Shami



TOPICS AND DATES

SESSION 1

From Trauma to Addictions: The Impact of Tension Reducing Behaviours

APRIL 10TH - STRATFORD ROTARY COMPLEX
APRIL 23RD - CLINTON LIBRO HALL

SESSION 2

Applying a Trauma-Informed Approach Within Our Classrooms and Homes

APRIL 30TH - STRATFORD ROTARY COMPLEX
MAY 13TH - CLINTON LIBRO HALL

SESSION 3

The Entering: Utilizing a Culturally Humble Approach to Understand Our Children's Needs to Develop Personal Culture

MAY 14TH - STRATFORD ROTARY COMPLEX
MAY 21ST - CLINTON LIBRO HALL

All sessions begin at 6pm and end at 8pm
Further event details are provided upon registration

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SERIES SUMMARY

This series looks at how stress, trauma and relationships impact us and our children and youth. The series will highlight coping mechanisms like social media and substance use and offer an understanding about relationships and the ways we release tension in our nervous system.

Session 1 Explores stress, trauma and our nervous system. Discussing reasons our children (and ourselves) may turn to cell phones, social media or substances to cope.

Session 2 Will look at safety, support, collaboration, choice, and trust as strategies to prevent the misuse and/or overuse of tech and substance and engage with our children and youth.

Session 3 Focuses on our current cultures and how to support the growth of the whole child in today's digital world.



ABOUT RAMI SHAMI

Rami Shami brings over 30 years of experience in hospice, palliative care, children's grief, trauma and substance use, working closely with individuals and families. Through his consultative practice, Rami uses a compassionate, person-centered approach to share his extensive knowledge and experiences drawing from his rich understanding of Trauma-Informed Care and Cultural Humility.

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