

TRAINING DOUBLE-HEADER

PROVIDED BY AICDAC RECOVERY HUB



www.aicdac.org | 724-762-3429 | recoveryhub@aicdac.org

TRAUMA INFORMED CARE

A practical training for CRS, CFRS and SUD Support Workers

Strengthen your recovery support skills with this interactive training. Trauma impacts how people think, feel, and respond. With the right approach, we can create safer, more supportive environments that promote healing and recovery

Topics Covered:

- What trauma is and how it shows up in real life
- How trauma impacts behavior, relationships and recovery
- Simple, effective ways to respond using a trauma-informed approach
- How culture shapes trauma, healing, and engagement

OCTOBER 1, 2026

TRAUMA INFORMED CARE

9:00AM-12:00PM

SELF CARE

1:00PM-4:00PM

INDIANA COUNTY
RECOVERY CAPITAL
(3RD FLOOR)

15 S. 8TH STREET
INDIANA, PA 15701

CLICK OR SCAN TO
REGISTER FOR ONE
OR BOTH



SELF CARE:

COMPASSION WITHOUT COLLAPSE

A workshop for CRS, CFRS, and SUD Support Workers

Workshop focus includes:

- Recognizing compassion stress and fatigue
- Identifying risks that are specific to CRS roles
- Exploring burnout vs. compassion fatigue
- Developing a 30 day self-care plan

TRAININGS DEVELOPED BY NORTH CENTRAL PA RECOVERY HUB

FACILITATED BY: OWEN DOUGHERTY BA, MSOD



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