



MAY 1, 2024 EMOTIONAL TRAUMA & THE BRAIN

Presented by: Sue Radcliffe, LCSW-C/RYT 200

As a first responder, have you been told that the job has changed you? Are you scanning public areas for potential threats? Are you less trusting of others? More irritable and cynical? Do you have a difficult time shutting down your brain and going to sleep? If your response to any of these questions was “yes” – You may be experiencing the negative impact of job stress.

Our first responders experience stressful events daily. Learn how exposure to traumatic stress can lead to unwanted behavioral changes. This program consists of a two-hour lecture followed by a trauma-informed yoga class.

SANTÉ

Program Itinerary

Registration: 9:30 AM 10:00 AM

Lecture: 10:00 AM-12:00 PM

Lunch: 12:00 PM- 1:00 PM

Trauma-Informed Yoga

Class: 1:00PM-2:00PM

- ❖ Free to first responders, Firefighters, EMTs, Police, Correctional Officers, 911 Dispatch, emergency medical professionals.
- ❖ Credit hours for police, corrections, EMS professionals.
- ❖ Please wear “gym clothing” for the last part of the class involves exercise (yoga). Mats will be provided.
- ❖ FREE LUNCH!!!

Location:

Cecil County Health Department:
401 Bow St. Elkton, MD

Sue Radcliffe, LCSW-C/RYT 200 is a mental health therapist and trauma-informed yoga instructor with the Dorchester County Health Department. She has over 30 years of clinical experience.

TO REGISTER:

Complete the attached registration form and email it back to Brandy James:

bjames@santegroup.org

no later than **April 19, 2024**

