

Griffin Regional Educational Service Agency
Executive Director, Dr. Stephanie L. Gordy

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Serving:
Butts, Fayette,
Henry, Lamar,
Newton, Pike,
Spalding, Upson
School Systems



Recognizing and Managing Secondary Trauma Stress

This Mental Health Training is conducted by Georgia State University at No Cost to our Regional School Systems. Registration is Required and Space is Limited.

This course is designed to improve the school personnel's understanding of Secondary Traumatic Stress (STS) and its impact. Participants will learn how to assess STS symptoms in themselves and others, explore factors that help to protect professionals from the negative effects of STS, and discover strategies to use these protective factors to manage STS. Participants will also assess their own personal and professional self-care and develop self-care plans.

This professional development opportunity is provided by a grant for our regional school systems. Therefore, it is Open only to educators in the Griffin RESA region: (Butts, Fayette, Henry, Lamar, Pike, Newton, Griffin-Spalding, and Thomaston-Upson School Systems).

Date:	December 5 th , 2022
Time:	3:30 PM – 7:30 PM
Location:	Online through ZOOM
Cost:	\$0 (Registration is Required)
Target Audience:	All Staff

Register online at www.griffinresa.net
Registration Deadline: November 29th, 2022