



# Community Cross Training Program welcomes

**Tom Hays, MA**

Expert on Adverse Childhood Experiences

- April 6th from 8:30am-4:00pm (*Lunch Provided*)

Lamar Community College in Lamar, CO

- April 20th from 8:30am-4:00pm (*Lunch Provided*)

Otero Junior College in La Junta, CO

**Save the date! Join Tom Hays for a FREE all-day workshop on Adverse Childhood Experiences.** Learn new skills to help develop resilience in children, help them identify feelings and manage emotions, and create environments where they can feel physically and emotionally safe. This program is designed for parents, teachers, caregivers and community members who are concerned about children's exposure to toxic stress and resulting damage to the brain and overall health.

Tom Hays is the Training Coordinator for Sage Youth Center, with expertise in Trauma-Informed Care, Crisis Intervention, Suicide Prevention and Youth and Adult Mental Health First Aid. He has 32 years experience with the Colorado Division of Youth Corrections, providing individual, family and group therapy.

This program is funded by the Telligen Community Initiative.



**800.511.5446**

**[www.SoutheastHealthGroup.org](http://www.SoutheastHealthGroup.org)**