

# Training calendar



## 2025

**MAY**

**27**

Virtual

### **SESSION 1 ACCELERATING RESILIENCE: WAYS OF BEING**

The Story of Self, The Story of Us, The Story of Now

**JUN**

**18**

Virtual

### **CAREGIVER STRESS RELIEF**

Learn about the depletion checklist, effects of stress and creating a stress relief tool kit.

**JULY**

**15**

Virtual

### **SESSION 2 ACCELERATING RESILIENCE: WAYS OF BEING**

Voice/Choice & Agency, Self Worth and External Supports

**AUG**

**18**

Virtual

### **SESSION 3 ACCELERATING RESILIENCE: WAYS OF BEING**

Affiliation/Belonging & Positive Safe Relationships

**SEPT**

**4**

In Person

### **BUILDING EMPATHY & INTENTIONAL LISTENING IN OUR LEADERSHIP**

Explore the tenants of intentional listening, collaborative problem solving and compassionate customer service

**SEPT**

**17**

Virtual

### **SENSORY INTEGRATION**

Learn to recognize environmental effects on a person with sensory sensitivity, using creativity to provide sensory experiences.

**OCT**

**15**

Virtual

### **SESSION 4 ACCELERATING RESILIENCE: WAYS OF BEING**

Moving from Surviving to Thriving

**NOV**

**12**

Virtual

### **DEMENTIA IN DD**

Signs, testing, interventions and resources for individuals who may experience dementia.

**DEC**

**3**

Virtual

### **SESSION 5 ACCELERATING RESILIENCE: WAYS OF BEING**

Explorations of Intentional Living: Self Care in Action

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**The Accelerating Resilience:  
Ways of Being series can build  
upon one another or stand alone.  
It is not necessary to attend  
them all!**

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**Registration available one month  
prior to training date.  
Check our website!  
[www.swocog.org](http://www.swocog.org)**

**Contact Robin Thomas with  
questions**

**No charge for the trainings!**