

# LEARNING OPPORTUNITIES

JANUARY - MAY 2024 PCSS0

## Integrated Resilience Cohort

Duration:  
One Semester  
8 Total Sessions  
8 CE Credits

**Description:** Participants meet virtually twice a month for one hour to discuss research, resources, and strategies related to the integration of social emotional learning with other proactive initiatives such as trauma-responsive practices, positive behavioral interventions and supports, and restorative practices. Additionally, discussions will revolve around the integration of SEL into content and into the climate and culture of a campus and/or district and how the PRISM© framework can be a guide.

## Trauma Responsive Cohort

Duration:  
One Semester  
6 Total Sessions  
6 CE Credits

**Description:** Participants meet virtually twice a month for one hour to discuss research, resources, and strategies related to understanding trauma and toxic stress, the impact of toxic stress on our students and adults, the implementation and integration of trauma-responsive practices, and the creation of a culture of belonging and connection where all educational stakeholders feel that they are seen and heard.

## TRAIN THE TRAINER COURSE

## Adult SEL (Resilience) Cohort

Duration:  
One Semester  
6 Total Sessions  
9 CE Credits

After six 90 minute sessions or nine 60 minute sessions

**Description:** Individuals meet virtually for six 90-minute sessions held twice a month to discuss strategies related to the effective and meaningful incorporation of Adult SEL through staff cohorts. Sessions will include discussions on needs assessment, competency assessment, adult regulation and relationships, integration practices and the need for repair and refuel. Upon completion of the course, participants will be certified as trainer by the Pima County School Superintendent's Office to train and conduct Adult SEL Cohorts within their own school sites or districts.

## COHORTS

< INDIVIDUAL LEVEL >

All cohorts are free of charge and available virtually to any educational staff (school MH professional, administrator, teacher, classified) and to those who serve educators.

## FOR MORE INFORMATION

Contact:  
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Schools  
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or 520-724-8393

## TO APPLY:

<https://forms.gle/FSEKbB6P9PsWSvWXA>

