We would like to invite you to a session where you can hear all about what Trauma Informed is and what we mean by ‘Hull – becoming a Trauma Informed City’.

This will be a basic introduction with plenty of time for ‘Questions & Answers’ and learning what it will mean for you.

Topics covered:

• What we mean by Trauma Informed

• The evidence to support this change

• What Trauma Informed in action means for you as an individual, your organisation, and for Hull

• Dispelling myths and fears around this approach

• The plan, and where to start

The sessions will be led by one of the planning team and we are putting together a brief 2 minute video of what to expect which we will send out prior to the sessions starting.

This will be a very informal session and we would love you to come along; we will run the session monthly either online or in person so please book on any of the sessions below:

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| **29th February 2024**  MS Teams - Virtual  10.00am – 1.00pm |  | **20th June 2024**  MS Teams – Virtual  1.00pm – 4.00pm |  | **31st October 2024**  MS Teams – Virtual  10.00am – 1.00pm |
| **28th March 2024**  Hull History Centre  1.00pm – 4.00pm |  | **18th July 2024**  Albemarle Music Centre  1.00pm – 4.00pm |  | **26th November 2024**  Hull City Centre  Venue TBC  10.00am – 1.00pm |
| **23rd April 2024**  MS Teams – Virtual  1.00pm – 4.00pm |  | **27th August 2024**  MS Teams – Virtual  10.00am – 1.00pm |  |  |
| **23rd May 2024**  Warehouse 8  10.00am – 1.00pm |  | **26th September 2024**  Warehouse 8  1.00pm – 4.00pm |  |  |

To book on to one of these sessions please contact [PublicHealthAdmin@hullcc.gov.uk](mailto:PublicHealthAdmin@hullcc.gov.uk) or complete and return the booking form attached to this email.