



Creating a Safe Place for Connection and Regulation

Day 1, November 3, 2023

Start time: 9:00 am End time: 5:00 pm

TIME	DESCRIPTION
8:30-9:00 AM	Check-in
9:00-10:30 AM	Welcome/Intro discussion/The 3 Cs - Context, Choice, & Connection - based on the work by Deb Dana
10:30-10:45 AM	Break
10:45-12:30 PM	The 5 Domains of Self Regulation: Stressors - based on the work by Stuart Shanker
12:30-1:30 PM	Lunch
1:30-3:00 PM	Polyvagal States - based on the work by Stephen Porges
3:00-3:15 PM	Break
3:15-5:00 PM	Polyvagal States - based on the work by Stephen Porges



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Day 2, November 4, 2023

Start time: 8:30 am End time: 5:00 pm

TIME	DESCRIPTION
8:00-8:30 AM	Check-in
8:30-10:30 AM	Window of Tolerance - based on the work by Dan Siegel
10:30-10:45 AM	Break
10:45-12:30 PM	Window of Tolerance - based on the work by Dan Siegel
12:30-1:30 PM	Lunch
1:30-3:00 PM	The 3 Rs: Regulate, Relate, Reason - based on the work by Bruce Perry
3:00-3:15 PM	Break
3:15-5:00 PM	The 3 Rs: Regulate, Relate, Reason - based on the work by Bruce Perry