

2024 Symposium

COUNTING ON COMMUNITY

Planting Seeds of Transformation

SAVE THE DATE!

This year's Symposium invites family service providers to connect and envision the transformation of systems supporting children and families in Humboldt. Together, we aim to cultivate resilience and enhance community care, forging a path towards a brighter tomorrow!

DEFINE, DISCOVER, DREAM, DESIGN, DELIVER



NKEM NDEFO

Director, Founder of Lumos Transforms



DESIREE F. MAGSOMBOL

Certified Facilitator of The Resilience Toolkit and a TRE (Tension/Trauma Release Exercise) Provider

Gene Lucas Community Center, Fortuna CA

SEPT

27th

2024



More information coming soon!
first5humboldt.org

2024 Conferencia

CONTANDO CON LA COMUNIDAD

Sembrando semillas de transformación

¡RESERVA
LAS FECHA!

La conferencia de este año invita a los proveedores de servicios familiares a conectarse e imaginar la transformación de los sistemas de apoyo a los niños y las familias en Humboldt. ¡Juntos, nuestro objetivo es cultivar la resiliencia y mejorar el cuidado de la comunidad, forjando un camino hacia un mañana más brillante!

DEFINIR, DESCUBRIR, SOÑAR, DISEÑAR, REALIZAR



NKEM NDEFO

Directora, fundadora de
Lumos Transforms



DESIREE F. MAGSOMBOL

Facilitadora certificada de The Resilience Toolkit y proveedora de TRE (Ejercicio de liberación de tensión/trauma).

Centro Comunitario Gene Lucas, Fortuna CA

27

SEPT

2024



Más información pronto
first5humboldt.org

2024 *Symposium*
COUNTING ON COMMUNITY
Planting Seeds of Transformation

**First 5 Humboldt
Presents**

Friday, Sept. 27th





9:00 am-4:00 pm

Gene Lucas Community Center

Fortuna, CA

Join us!

At this year's Symposium participants will explore:

-  The historical and cultural forces that create conditions for burnout and moral injury in social services
-  The problem of elevating self-care as a cure-all to burnout and vicarious trauma
-  The organizational and collective responsibility to create conditions that make self-care possible
-  The power of individual self-awareness and somatic regulation to open space for relational healing and collective change

Workshops will give participants a deep dive opportunity to explore the ideas from the keynote through facilitated small group discussion, reflection, and practice using the appreciative inquiry approach.



SCAN ME

QR Code HERE

REGISTER HERE

Reach out to us for more information!

first5humboldt@co.humboldt.ca.us

(707) 445-7389



**First 5 Humboldt
Presenta**

2024 Conferencia

CONTANDO CON LA COMUNIDAD

Sembrando semillas de transformación

Viernes 27, Sept 2024

9:00 am-4:00 pm

Centro Comunitario Gene Lucas,
Fortuna, CA

Join us!

En el Simposio de este año los participantes explorarán:



The historical and cultural forces that create conditions for burnout and moral injury in social services



The problem of elevating self-care as a panacea to burnout and vicarious trauma



The organizational and collective responsibility to create conditions that make self-care possible



The power of individual self-awareness and somatic regulation to open space for relational healing and collective change

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