

# Trauma

**Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving**

**Tickets £20**  
Tea and  
coffee  
included

- The importance of relationships and connection in the agencies supporting the young person in order for them to feel safe, build trust and resilience.
- The role of parents, carers and professionals, adapting responses to a young person that considers the impact of trauma and meaning behind the behaviour.
- How to help a young person develop skills to make sense of everyday experience and develop healthier coping and emotional regulation.

Discretionary tickets available to families on request.

**4 June 2026**

Irish Centre, Council  
Road, Basingstoke,  
RG21 3DH

**7 October 2026**

The Pallant Centre,  
Havant, PO9 1BE



For more information scan the QR code or visit:

**<https://hampshirecamhs.nhs.uk/events/>**