



Little navigators

TRAUMA INFORMED STAFF TRAININGS

Introduction to Little Navigators Program Services

Learning more about The Compass Center, services offered, the Little Navigators Program and implementation.

Self-Care/Self-Regulation

Identifying your personal needs and helping yourself before you help others.

Child Development 101

Exploring basic child development and age appropriate expectations.

Trauma 101

Identifying ACEs, potential triggers, and how to identify potential signs of abuse.

How Trauma Impacts the Brain

Exploring basic brain structure, stress responses and preventative factors.

What is Behavior?

Identifying motivation and intention of behaviors, discussing behaviors of concern.

Behavior Intervention Plans

Exploring protective factors, reactive techniques, and implementation.

For questions, please reach out to Cruz, Little Navigators Program Manager at cruz@thecompasscenter.org