

Respond. Support. Recover

# Community Lunch & Learn Series on Trauma, Stress, and Resilience



Free Online Training  
*Various Dates*

ATTCH Niagara is pleased to offer a series of free virtual Lunch & Learn sessions designed for community organizations, first responders, volunteers, and mental health professionals across Ontario. Funded by the Province of Ontario, these sessions provide an accessible introduction to the neurobiology of trauma and practical strategies for crisis response.

## Who Should Attend



This training is ideal for anyone involved in crisis, emergency, or disaster response—including emergency management staff, regional service providers, healthcare professionals, community mental health workers, evacuation centre staff, faith-based organizations, school and child welfare staff, and all those who support individuals and communities during challenging times.

## What You'll Learn



Participants will gain a foundational understanding of how trauma and stress impact the brain, body, and behaviour. The session explores the neurological, physiological, cognitive, and emotional effects of trauma, and introduces practical strategies for recognizing trauma responses, providing effective support, and promoting emotional regulation in the aftermath of distressing events.

## Why You Should Attend



This training will strengthen your ability to assess trauma responses accurately, make informed decisions under pressure, and apply proven intervention strategies in real-world emergencies.

You'll develop a practical toolkit for stabilizing situations, supporting distressed individuals, and maintaining effective teamwork in high-stress environments.

**Expand your expertise.** We offer a variety of fully-funded 1, 2, and 5-day trauma-specialized trainings focused on building capacity for trauma-informed emergency and crisis response throughout the year. View our upcoming schedule at: <https://attchniagara.com/events/>

*Healing is Possible*

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Registered Charitable Organization: 795094739RR0001

# About the Presenter Lori Gill, MA, RP, CYC, CTIC Executive Director, Clinical Strategist, and Trauma Specialist



Lori Gill is the Founder of ATTCH Niagara and the creator of the Integrative Trauma & Attachment Treatment Model (ITATM)<sup>™</sup>. As a sought-after international trainer and subject matter expert, Lori has spent over 20 years providing specialized trauma consultation and education to hospital, community, and emergency response sectors.

A recipient of the 2025 CCPA Humanitarian Award, Lori is recognized for her ability to translate complex neurobiology into practical, rapid-response tools for high-stakes environments. Her work as a court-qualified expert and a consultant for Mental Health, Addictions, and EMS sectors ensures her trainings are grounded in clinical excellence and real-world application. Lori continues to lead large-scale organizational, community, and provincial initiatives. ATTCH Niagara is a leader in trauma-informed training and systemic consultation.

Contact us to learn more about custom training options.

## What Participants Are Saying

“All of the real-life examples made the learning so much easier and more impactful.”

Community Justice Coordinator

“Such a great presentation—Lori was amazing. This gives me a new perspective when working with clients who have trauma.”

Ontario Public Service

“A deeper understanding of trauma responses will allow me to better support my clients.”

Shelter Staff

“The case examples provided solidified my understanding of the material and helped with learning. I enjoyed hearing the application in a clinical context.”

Hospital Staff



## Training Details

- Free to Attend
- Various Dates
- Time: 12:00 PM – 1:00 PM
- Format: Live Online Training
- Register here: <https://forms.gle/jA5E4FsxbkQaepUx6>

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