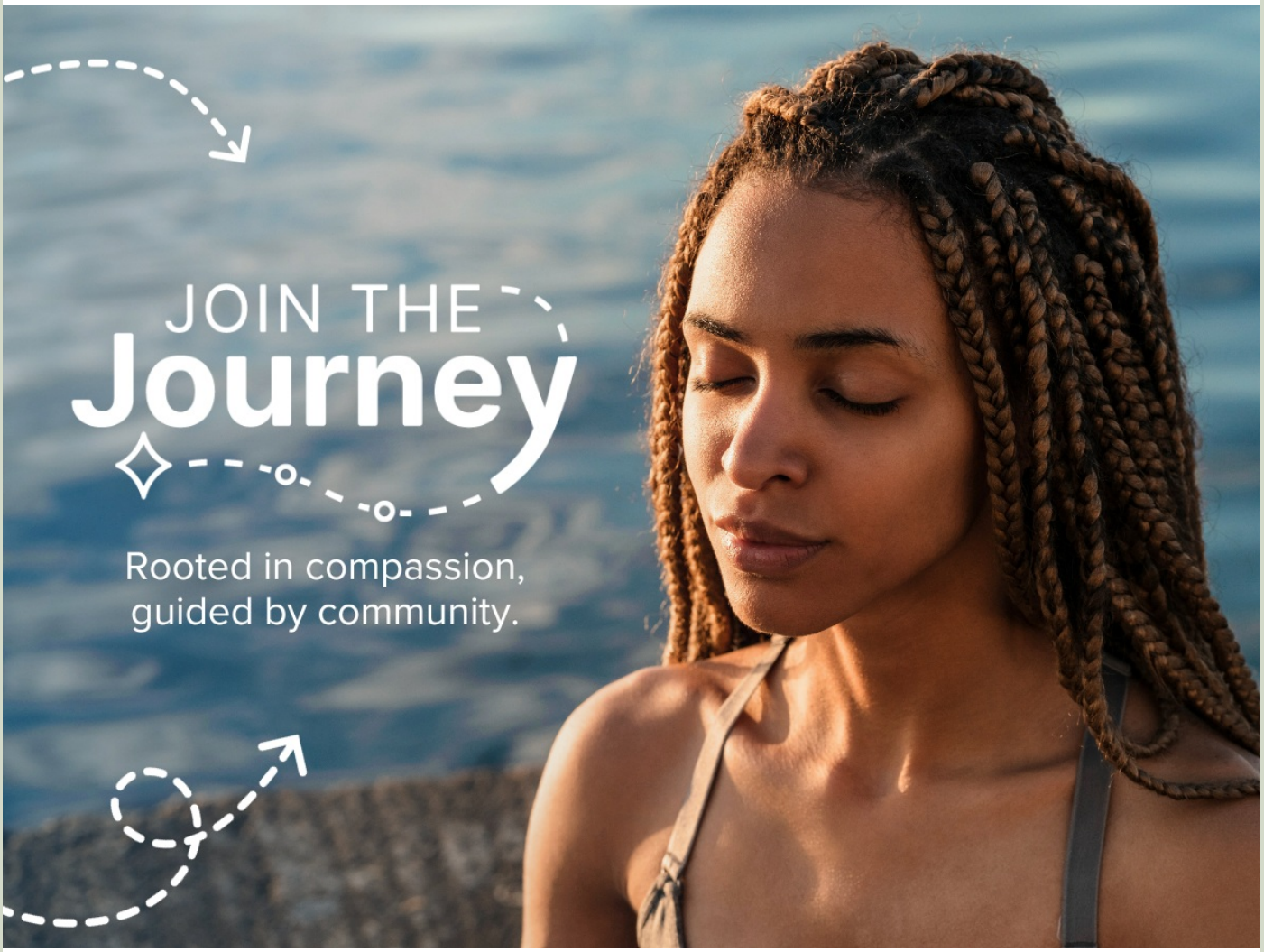
New York State
Trauma-Informed Network & Resource Center



Note from Network

We are beyond thrilled as we prepare to welcome 300 folks across New York State to gather in beautiful Lake George to connect, learn, and recharge with each other at our first annual in person conference. The response to this event has been beyond expectation as we received 95 workshop submissions and we reached capacity in only a few weeks of opening registration. For me, this is a resounding **YES** –people are curious and ready to fully embrace a new way of being that is grounded in compassion and community.

I am grateful to the planning committee who challenged us to take a truly trauma responsive approach to the conference. Rather than having one keynote speaker, we have three featured storytellers who will share the stage with other storytellers to achieve our goal of amplifying diverse voices. We are all on a journey and every story is a source of inspiration. Through these stories, we will learn about the why, the what, and the how of trauma responsive practice.

One of our featured storytellers, Cendie Stanford, CEO and President of ACEs Matter, sets the stage for what to come in this month's blog, Time is the Common Denominator. Through the metaphor of a symphony, she helps us to understand the impact of ACEs for both individuals as well as systems and what it can look like when we intentionally create healing environments that address the discord and move towards harmony.

I look forward to joining with you in community!

Elizabeth Meeker

Join the Journey Conference Agenda

Join the Journey Conference Workshop Agenda

October Spotlights

Annual Primary Prevention Summit

NYS Coalition Against Domestic Violence (**NYSCADV**) & *NYS Coalition Against Sexual Violence* (**NYSCASA**) will host the 9th Annual Primary Prevention Summit. These two survivor-centered not for profit NGOs, continue to collaborate to stop the interpersonal violence committed every day in the state of NY.

Date: November 29, 2023

Time: 9:30 AM - 5:00 PM

Breath=Body-Mind Fundamentals Course

Designed to activate mind-body communication pathways, raise energy, regulate mood, enhance performance, reduce inflammation, and help dissolve pain; this training is for anyone who wishes to improve their stress resilience, physical health, and general well-being.

Date: Monday, October 23, Tuesday, October 24, & Wednesday, October 25

Time: 8:30 AM - 12:30 PM (each day)

Location: Albany, NY

Learn More and Register Here

Please Note: you are required to attend all three days.

Learn More and Apply Here

Upcoming Events

Breath-Body-Mind Practice Sessions

October - December : Every Tuesday at 6AM, 12PM and 8PM. Each session will provide an opportunity to learn and use basic, gentle Breath-Body-Mind practices to soothe, balance and strengthen the nervous system.

Register Now

Trauma Responsive and Resilience Informed Care Training (Virtual)

The **Trauma Responsive and Resilience Informed Care Training** provides foundational knowledge on the effects of toxic stress, trauma, and adversity on health and well-being.

This is a ***live, interactive training.*** Participants **MUST** attend for the whole training. This training will not be recorded.

Register for November 9th (virtual)

Register for November 30th (virtual)

October Blog

Time is the Common Denominator - *Cendie K. Stanford, ACEs Matter*

Picture a symphony, where the musicians dance in exquisite synchrony, their instruments weaving a tapestry of melodies. But then, like an unexpected thunderclap in a peaceful garden, a hammer hurtles onto the stage. And as if summoned by some unseen force, more hammers rain down, a relentless torrent of percussion. Yet amidst this chaos, the resolute performers press on, for the show, undeterred, must march forward.

Your body is a symphony, and every cell within your body resembles a skilled musician.

When you experience ACEs, it's like throwing a hammer into the symphony, disrupting the balance and creating long-term health problems even when the show must go on.

Read Full Blog

Listen to Full Blog

Join the Network

- Register today to share your resources and tools for all New Yorkers.
- Create an Organizational Profile on the TINRC website
- Learn the latest on trauma-informed care across NYS by signing up for the TINRC Newsletter.

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