



## Grief, Gratitude, and Grit: *Brain Boosting for Weary Grown-Ups*



***It's been a rough couple years!*** Give your brain the boost it needs in this experiential workshop. Trauma expert Jessica Sinarski gently guides participants through self-reflective exercises to help you befriend your nervous system.

Feel the difference in mind, body, and soul as you apply simple practices to everyday life.

*A quick user-friendly  
version of polyvagal theory.*

### About the Presenter



*Jessica Sinarski, LPCMH, is a highly sought-after therapist, author, and change-maker. Extensive post-graduate training and 15+ years as a clinician and educator led her to create the resource and training platform—BraveBrains. She makes brain science practical, helping parents and professionals become healers for hurting children. She is the author of the award-winning Riley the Brave series, Hello, Anger, and more.*



Win one of  
Jessica's  
books!

Available in the ORPARC Library too!

Location	Time & Date	Zoom Link
Virtual Training via Zoom	Tuesday, October 11, 2022 11:00am-1:00pm	Zoom link will be sent to registered participants

**REGISTRATION:** <https://www.orparc.org/training/online/1524> | 1-800-764-8367

### Questions?

Contact ORPARC at [orparc@nwresource.org](mailto:orparc@nwresource.org) or 800-764-8367



*Continuing Education Credits through NASW Oregon Chapter are available for \$20.00. Please request credits when registering.*

Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)

ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster) and assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows and welcomes attendees of all ethnicities, genders and sexual orientations. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.