

December 2025 - Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	Introduction to TIC 2	Discovering We Are Resilient 3	In-Person Event 4	SCAN FOR CALENDAR 5
	Presented by the Institute 10–11 a.m. CST Register	Presented by the Institute 1–2 p.m. CST Register	Navigating the Holidays with Resilience Presented by the Institute 10-11:30 a.m. CST In-person event. Space is limited. Registration is required. University Health–Business Center II Tejas Conference Room 5959 Northwest Parkway San Antonio, Texas 78249 RSVP Here	
8	Learning Event 9	Adverse Childhood Experiences 10	Building Community Resilience 11	12
	The Resilient Mind: Thriving Through Trauma and Building Lasting Strength Presented by Ray Way Legacies, LLC 10–11 a.m. CST Register	Presented by the Institute 10–11:30 a.m. CST Register	Presented by the Institute 1–2 p.m. CST Register	
15	Adverse Childhood Experiences 16	Implementing TIC Principles 17	Creating a Thriving Community 18	19
	Presented by ESC Region 20 10–11:30 a.m. CST Register	Presented by the Institute 1–2 p.m. CST Register	Presented by the Institute 10–11 a.m. CST Register	
22	23	24	25	26
				
29	30	31		
				

Session Key:


Introduction to Trauma-Informed Care
Implementing Trauma-Informed Care Principles



Building Community Resilience
Creating A Thriving Community
Discovering We Are Resilient



Adverse Childhood Experiences



Learning Events

Introduction to Trauma-Informed Care (1 Hour)

Attendees will receive an overview of key elements to help build their foundation of trauma-informed care. This includes an introduction to adverse childhood experiences, the impact of trauma and trauma-informed care. This presentation is derived from training received from international speaker Becky Haas.

**Building Community Resilience (1 Hour)**

Attendees will learn about R.O.L.E.S., a five-step process that empowers individuals to identify their negative personal triggers to create a mental paradigm shift rooted in positivity and successful outcomes. This presentation is derived from training received from Community Resilience Initiative Course 1.

**Implementing Trauma-Informed Care Principles (1 Hour)**

Attendees will receive an overview of the impact of trauma and an introduction to the six key principles of a trauma-informed approach. The information in this course will serve as a foundation to help you on your trauma-informed journey. This presentation is derived from Basics of Adverse Childhood Experiences (ACEs), Building Resilience and Using a Trauma-Informed Approach training received from international speaker Becky Haas.

**Creating a Thriving Community (1 Hour)**

Attendees will learn about the K.I.S.S. framework for building community capacity through resilience. This model serves as a public health framework for community development which emphasizes building human capital to foster stronger communities that can thrive and effectively manage the impact of risk. This presentation is derived from training received from Community Resilience Initiative Course 1.

**Adverse Childhood Experiences (1.5 Hours)**

Attendees will learn about the ACE study, why ACEs have an immense effect on people's lives and what we can all do to dramatically improve health and resilience for future generations. This presentation is derived from training received from ACE Interface and is conducted by an approved master ACE Trainer.

**Discovering We Are Resilient (1 Hour)**

Attendees will learn how a resilient mindset can help us become stronger emotionally by using centering skills and help identify how resilience can be hindered. Attendees will also gain an understanding of where cultural and protective patterns come from and how they can help build resilience. This presentation is derived from training received from Dovetail Learning's We Are Resilient training.



Visit our learning management system (LMS), Bridge.

The LMS offers **140+** on-demand training sessions and learning events.

Contact the Institute to request access.



Contact Us

InstituteTIC.com

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210-644-8801

Navigating the Holidays with Resilience



Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Thursday, Dec. 4

TIME: 10-11:30 a.m.

LOCATION:

University Health
Business Center II
Tejas Conference Room
5959 Northwest Parkway
San Antonio, Texas, 78249

ADDITIONAL INFORMATION:

- Free in-person event
- Space is limited
- **Registration is required**
- FREE 1.5 contact hours
(For nurses & social workers only)

RSVP HERE:



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Jessica Huerta

ABOUT THIS SESSION

In this session, attendees will identify resilience and its role in enhancing emotional strength, particularly during the holiday season. Participants will also explore how protective patterns can either support or undermine their well-being and learn how centering skills can cultivate and sustain a resilient mindset throughout the holidays.

ABOUT THE PRESENTER

Jessica Huerta is the senior educator at University Health's Institute for Trauma-Informed Care. Jessica conducts training on trauma awareness, adverse childhood experiences and trauma-informed care. Jessica has more than 20 years of experience in the nonprofit sector helping individuals and families in crisis find hope and opportunities during challenging times. Most recently, her passion is bringing awareness to trauma-informed care and calling attention to the challenges families and children encounter in daily life. Jessica holds a bachelor's degree in education from Texas A&M University-San Antonio and enjoys spending her free time with family and friends.

The Resilient Mind: Thriving Through Trauma and Building Lasting Strength

Hosted by the Institute for Trauma-Informed Care

JOIN US!

DATE: Tuesday, Dec. 9

TIME: 10-11 a.m. CST

REGISTER HERE:



FREE 1.0 contact hour
(For nurses and social workers only)



Brandi Ray

ABOUT THIS SESSION

In this session, participants will explore how adverse childhood experiences and trauma impact mental and emotional health during high-stress times like the holidays. Attendees will also learn practical, evidence-based strategies to prevent compassion fatigue and build resilience through trauma-informed practices that support themselves and their communities.

ABOUT THE PRESENTER

Brandi Ray is a speaker, life coach and resilience strategist dedicated to helping individuals and organizations thrive beyond adversity. Drawing from her personal journey of overcoming childhood trauma and her work with schools, non-profits and government organizations, Brandi equips audiences with practical tools to build resilience, strengthen mental well-being and navigate life's challenges with courage and clarity. As the founder of Ray Way Legacies, LLC, Brandi has delivered keynote addresses and workshops across Texas and beyond, empowering professionals in education, government and leadership roles to overcome burnout, manage stress and create trauma-informed spaces where people can heal and grow. Her engaging, heartfelt approach resonates deeply with audiences, leaving them inspired and equipped to not just survive but to thrive. Brandi's mission is to help people reclaim well-being in a demanding world.



**University
Health**

Thinking beyond

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