



Provider Training Opportunity

Blue Cross® and Blue Shield® of North Carolina (Blue Cross NC) | Healthy Blue® Care Together | Medicaid

Trauma-Focused Self-Care Training

Proud partner and sponsor of Mental Health America of Central Carolinas

Trauma-Focused Self-Care is a practical and compassionate workshop designed to help helping professionals, caregivers, and community members understand how trauma impacts the body, mind, and nervous system and how to care for themselves in sustainable ways. Participants will learn how chronic stress and secondary trauma show up in daily life, how to recognize early signs of burnout and compassion fatigue, and how to use trauma-informed strategies to restore balance and resilience.

Date: Thursday, June 11, 2026

Time: 2 p.m. to 3:15 p.m.

Location: In-Person

Hickory Grove Library

5935 Hickory Grove Road

Charlotte, NC 28215

To register: [Trauma-Focused Self-Care Training](#)

<https://provider.healthybluenc.com>



**BlueCross BlueShield
of North Carolina**

**HealthyBlue
Care Together**

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