



DISPLACED HOMEMAKERS PROGRAM

Trauma Compass

Ocean County Displaced Homemakers Program is excited to announce our Fall 2026 Trauma Compass series hosted in partnership with Preferred Behavioral Health. This series is funded in part through contract with the Division on Women and expanded by sponsorship from the Ocean County College Foundation.

****Each of the following workshops are a 4-part mini-series. When you register, you are registering for all four classes of that workshop.

Understanding Trauma, the Nervous System, and Workplace Skills

Date: Tuesdays 9/15, 9/22, 9/29 and 10/6/2026

Time: 10:30-11:30 am

Place: Ocean County College, Library (building 3) room 110

Register: <https://www.eventbrite.com/e/1996720920022?aff=oddtcreator>

This workshop addresses the unique nervous system overwhelm and how chronic stress changes the processing power of the brain. You will learn the skills for identifying triggers and how to begin building a “tool kit” for the education and workplace environments.

- Identify personal shifts between hyper-arousal (fight/flight) and hypo-arousal (freeze/collapse)
- Build internal body awareness to catch physiological stress before it turns into behavior explosion or shutdown
- Master discreet, body-based tools to down-regulate the nervous system in real time without drawing attention from classmates or coworkers