

The Offices of Children, Youth and Families, and the Office of Mental Health and Substance Abuse Services have partnered with PA Care Partnership to provide any child welfare professionals in Pennsylvania **FREE** Trauma Training provided by Lakeside Global until **September 30, 2023**, or while funding is available. Available trainings will be offered in-person or live via web-based platform.

DO NOT DELAY for this exciting opportunity, and schedule your trauma trainings now!

For Individuals looking for Trauma Training, there are multiple cohorts for courses and workshops that have been scheduled on specific dates and times available through <https://lakesidelink.com/training/course-registration-2023/> Trainings available include the following:

- Enhancing Trauma Awareness
- Deepening Trauma Awareness
- Applying Trauma Principals
- Train the Trainers
- Trauma 101 through 109 Workshops

If you work in a Pennsylvania organization that provides services to children, youth and families and want to schedule trauma workshops for your organization, please follow the steps below:

1. Click on this link: <https://www.pacarepartnership.org/community-partners/trauma-informed-training/>
2. Click on the Trauma Workshop Request, which will take you to a brief survey to complete.
3. Submit your survey
4. Someone will be in touch with you to schedule your desired trainings.

Descriptions of workshops and courses can be viewed below labeled “Training Descriptions”.

If you have questions relating to any of these trainings, please email: info@pacarepartnership.org.



GLOBAL INSTITUTE TRAINING DESCRIPTIONS

**Tr101 - Tr106 all 2-hour workshops. Tr107 - Tr108 are 4 hour workshops.*

All trainings can be offered in-person or virtually. Workshop maximums are 50 participants for in-person and 100 participants for virtual delivery. Intensive courses have a maximum of 16 participants per cohort. For ad-

ditional information or larger group presentations, please contact Beth Hall at bhall@lakesidelink.com

Trauma 101: An Overview of Trauma-Informed Care

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental, and social outcomes throughout a person's lifetime. As a society and as individuals, we need to be better informed and prepared to prevent and address the traumatic impact of childhood adversities. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

Trauma 101: First Responders

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. First Responders can be better equipped to meet the needs of those in their community with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of first responders, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

A First Responder is a person with specialized training who is among the first to arrive and provide assistance at the scene of an emergency, such as an accident, natural disaster or terrorism. First Responders typically include law enforcement officers, paramedics, EMT's and firefighters.

Trauma 101: Health Professionals

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental and social outcomes throughout a person's lifetime. Health Professionals can be better equipped to meet the needs of those they serve with information that helps them appreciate the complex nature of trauma. With respect for the primary responsibilities of Health Professionals, this multi-media, interactive workshop sheds light on the potential deeper needs of the populations they serve.

Health Professionals may provide health care treatment and advice based on formal training and experience. The field includes those who work as medical doctors, physician assistant, pharmacists, medical assistants, nurse, physical therapist, occupational therapist, dentist, midwife, psychologist, or those who perform services in allied health professions. A Health Professional may also be an expert in public health or community health.



GLOBAL INSTITUTE TRAINING DESCRIPTIONS

Trauma 102: Basic Skills of Trauma-Informed Care

Building on information provided in Trauma 101, professionals expand their understanding of trauma and are provided specific skills that enhance abilities to interact in emotionally and relationally healthy ways with people impacted by trauma. As professionals become trauma-aware, they have a responsibility to prevent, avoid and respond to trauma. In this hands-on, interactive workshop professionals are provided opportunities to implement and practice the skills presented.

Trauma 103: Recognizing Vicarious & Secondary Trauma for Professionals

The emotional and physical cost of being an engaged and empathetic professional can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue and burn-out, professionals are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

Trauma 105: An Introduction to Trauma for Parents & Caregivers

Parents and Caregivers can play an important role in helping children recover from traumatic events. This workshop is designed to provide parents and caregivers with introductory information about the impact of trauma and the power of relationships to help children heal. The more parents and caregivers understand how trauma effects children, the more they will understand the reasons for kids' behaviors and emotions, and the more they will be able to help them cope.

Trauma 106: An Introduction to Trauma for Youth

Creating safe and supportive environments for youth involves educating youth on why people behave the way they do. Incorporating basic information about the impact of trauma and identifying some basics of brain structure provide the foundation for youth to better understand themselves and those around them. A highly engaging and interactive strengths-based activity assists youth in identifying their present self and encourages them to set healthy emotional and relational goals for their future self.

Trauma 107: Trauma-Informed Cultural Sensitivity

Enhancing cultural competence and encouraging cultural humility are essential to increasing access and improving the standard of care for traumatized children, families and communities. Cultural awareness, responsiveness and understanding need to be infused at every level to be effective in addressing the needs of those who have experienced trauma. With both presentation and group interaction, participants will identify forces that contribute to behaviors that build or decrease emotional health in individuals and systems.



GLOBAL INSTITUTE TRAINING DESCRIPTIONS

Trauma 108: Trauma and Racism

This workshop integrates trauma principles while highlighting the profound impact of racism, offering ideas with regard to the responsibilities of white and BIPOC to actively promote anti-racism and social equality. There are opportunities for individual reflection and constructive conversations among participants to allow consideration of action steps to take as individuals, communities and a society to challenge and change attitudes, beliefs and behaviors around race.

Trauma 109: Trauma in Pandemic

We cannot escape the fact that COVID-19 is real and has impacted millions of individuals and systems. The most distressing, lingering symptoms are neurological. In times of fear, stress, uncertainty and loss we can benefit from exploring what has taken place, is going on and may continue in the future. We can benefit from knowing we have been experiencing something together and feel less alone in facing these challenges. This 3-hour workshop explores our shared experiences of the COVID-19 pandemic through trauma lenses to bring meaning from our experiences. Participants appreciate the impact of a pandemic, both positive and negative and are encouraged to expand their perspective and skills.

Enhancing Trauma Awareness (15-hour course): First in series of trauma courses

Providing a rich and sophisticated exploration of the subject of trauma with an emphasis on encouraging professionals to become highly sensitive regarding the nature of trauma is foundational to becoming trauma-informed. Professionals will gain heightened awareness and respect with regard to trauma-related behaviors, and the consequences of being impacted by trauma that can extend into relationships, systems and across generations.

Deepening Trauma Awareness (30-hour course): Second in series of trauma courses

This course, for which Enhancing Trauma Awareness is a prerequisite, invites professionals on a journey to become trauma-sensitive while increasing awareness of the connections and impact trauma can have with regard to a myriad of related dynamics. Recognizing the impact of information, concepts, approaches, principles and skills related to attachment, fear, grief, shame, recovery and healing, professionals examine and interpret these topics as related to persons impacted by trauma.



GLOBAL INSTITUTE TRAINING DESCRIPTIONS

global institute

Applying Trauma Principles (30-hour course): Third in series of trauma courses

This course, for which both Enhancing Trauma Awareness and Deepening Trauma Awareness are prerequisites, continues adding to professionals' knowledge and skills base. Professionals are provided opportunities to apply the research and principles of trauma to real-life situations as they share their own case studies with colleagues, emphasizing ways they are applying information, concepts, approaches, principles and skills provided in this and prerequisite courses. Groups then discuss and process the assessments, choices and ways of applying principles each professional shares, further advancing awareness, sensitivity and abilities to intentionally apply trauma principles in real-life situations.

Successful completion of all three trauma courses and fulfillment of additional requirements can lead to certification as a Trauma-Competent Professional.

Train the Trainers (25-hour course)

Participants who meet course requirements would be certified by Lakeside Global Institute as Adjunct Trainers with authorization to license and present Lakeside Global Institute workshops. Adjunct Trainers are also equipped to facilitate small group discussions. LGI's Train the Trainers course applies the same approaches and techniques provided in course content. Participants can expect LGI trainers to maintain a high level of integrity with regard to processes of group leadership, management and facilitation.

Prerequisites: Trauma 101 and Enhancing Trauma Awareness.

Workshop	Date	Time	Day	Location
101	1/31/2023	9:00-11:00	Tuesday	Virtual
101	2/10/2023	10:00-12:00	Friday	Virtual
101	2/16/2023	1:00-3:00	Thursday	Virtual
101	2/21/2023	2:00-4:00	Tuesday	Virtual
101	2/27/2023	3:00-5:00	Monday	Virtual
101	3/7/2023	5:00-7:00	Tuesday	Virtual
101	3/15/2023	9:00-11:00	Wednesday	Virtual
101	3/23/2023	10:00-12:00	Thursday	Virtual
101	4/3/2023	1:00-3:00	Monday	Virtual
101	4/17/2023	2:00-4:00	Monday	Virtual
101	4/20/2023	3:00-5:00	Thursday	Virtual
101	4/27/2023	5:00-7:00	Thursday	Virtual
101	5/3/2023	9:00-11:00	Wednesday	Virtual
101	5/12/2023	10:00-12:00	Friday	Virtual
101	5/16/2023	1:00-3:00	Tuesday	Virtual
101	6/2/2023	2:00-4:00	Friday	Virtual
101	6/21/2023	3:00-5:00	Wednesday	Virtual
101	7/13/2023	5:00-7:00	Thursday	Virtual
101	7/11/2023	9:00-11:00	Tuesday	Virtual
101	7/24/2023	10:00-12:00	Monday	Virtual
101	8/2/2023	1:00-3:00	Wednesday	Virtual
101	8/15/2023	2:00-4:00	Tuesday	Virtual
101	9/29/2023	3:00-5:00	Tuesday	Virtual
101	9/13/2023	5:00-7:00	Wednesday	Virtual
101	9/18/2023	11:00-1:00	Monday	Virtual
101 HP	2/3/2023	9:00-11:00	Friday	Virtual
101 HP	4/10/2023	1:00-3:00	Monda	Virtual
101 FR	2/9/2023	9:00-11:00	Thursday	Virtual
101 FR	4/14/2023	1:00-3:00	Friday	Virtual
102	2/1/2023	9:00-11:00	Wednesday	Virtual
102	2/7/2023	10:00-12:00	Tuesday	Virtual
102	2/17/2023	1:00-3:00	Friday	Virtual
102	2/22/2023	2:00-4:00	Wednesday	Virtual
102	3/2/2023	3:00-5:00	Thursday	Virtual
102	3/8/2023	5:00-7:00	Wednesday	Virtual
102	3/22/2023	9:00-11:00	Wednesday	Virtual
102	3/13/2023	10:00-12:00	Monday	Virtual
102	4/5/2023	1:00-3:00	Wednesday	Virtual
102	4/19/2023	2:00-4:00	Wednesday	Virtual
102	4/24/2023	3:00-5:00	Monday	Virtual

102	5/4/2023	5:00-7:00	Thursday	Virtual
102	5/10/2023	9:00-11:00	Tuesday	Virtual
102	5/23/2023	10:00-12:00	Tuesday	Virtual
102	6/7/2023	1:00-3:00	Wednesday	Virtual
102	6/14/2023	2:00-4:00	Wednesday	Virtual
102	7/10/2023	3:00-5:00	Monday	Virtual
102	7/18/2023	5:00-7:00	Tuesday	Virtual
102	7/25/2023	9:00-11:00	Tuesday	Virtual
102	7/31/2023	10:00-12:00	Monday	Virtual
102	8/7/2023	1:00-3:00	Tuesday	Virtual
102	8/16/2023	2:00-4:00	Wednesday	Virtual
102	8/30/2023	3:00-5:00	Wednesday	Virtual
102	9/12/2023	5:00-7:00	Thursday	Virtual
102	9/19/2023	11:00-1:00	Tuesday	Virtual
103	2/2/2023	9:00-11:00	Thursday	Virtual
103	2/8/2023	10:00-12:00	Wednesday	Virtual
103	2/14/2023	1:00-3:00	Tuesday	Virtual
103	2/23/2023	2:00-4:00	Thursday	Virtual
103	3/3/2023	3:00-5:00	Friday	Virtual
103	3/9/2023	5:00-7:00	Thursday	Virtual
103	3/24/2023	9:00-11:00	Friday	Virtual
103	3/30/2023	10:00-12:00	Thursday	Virtual
103	3/14/2023	1:00-3:00	Tuesday	Virtual
103	4/21/2023	2:00-4:00	Friday	Virtual
103	4/26/2023	3:00-5:00	Wednesday	Virtual
103	5/1/2023	5:00-7:00	Monday	Virtual
103	5/9/2023	9:00-11:00	Tuesday	Virtual
103	5/24/2023	10:00-12:00	Wednesday	Virtual
103	6/13/2023	1:00-3:00	Tuesday	Virtual
103	6/22/2023	2:00-4:00	Thursday	Virtual
103	6/26/2023	3:00-5:00	Monday	Virtual
103	7/12/2023	5:00-7:00	Wednesday	Virtual
103	7/27/2023	9:00-11:00	Thursday	Virtual
103	8/3/2023	10:00-12:00	Thursday	Virtual
103	8/18/2023	1:00-3:00	Friday	Virtual
103	8/17/2023	2:00-4:00	Thursday	Virtual
103	8/31/2023	3:00-5:00	Thursday	Virtual
103	9/13/2023	5:00-7:00	Wednesday	Virtual
103	9/20/2023	11:00-1:00	Wednesday	Virtual
107	2/15/2023	8:00-12:00	Wednesday	Virtual
107	3/10/2023	9:00-1:00	Friday	Virtual

107	3/27/2023	12:00-4:00	Monday	Virtual
107	4/4/2023	1:00-5:00	Tuesday	Virtual
107	5/15/2023	4:00-8:00	Monday	Virtual
107	5/31/2023	8:00-12:00	Wednesday	Virtual
107	6/15/2023	9:00-1:00	Thursday	Virtual
107	6/27/2023	12:00-4:00	Tuesday	Virtual
107	7/19/2023	1:00-5:00	Wednesday	Virtual
107	8/1/2023	4:00-8:00	Tuesday	Virtual
107	8/10/2023	8:00-12:00	Thursday	Virtual
107	8/22/2023	9:00-1:00	Tuesday	Virtual
107	9/5/2023	12:00-4:00	Tuesday	Virtual
107	9/19/2023	1:00-5:00	Tuesday	Virtual
107	9/25/2023	4:00-8:00	Monday	Virtual
108	2/24/2023	8:00-12:00	Friday	Virtual
108	3/16/2023	9:00-1:00	Thursday	Virtual
108	3/29/2023	12:00-4:00	Wednesday	Virtual
108	4/12/2023	1:00-5:00	Wednesday	Virtual
108	5/8/2023	4:00-8:00	Monday	Virtual
108	5/17/2023	8:00-12:00	Wednesday	Virtual
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108	6/30/2023	12:00-4:00	Friday	Virtual
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108	9/6/2023	12:00-4:00	Wednesday	Virtual
108	9/20/2023	1:00-5:00	Wednesday	Virtual
108	9/26/2023	4:00-8:00	Tuesday	Virtual
109	2/28/2023	8:00-11:00	Tuesday	Virtual
109	3/20/2023	9:00-12:00	Monday	Virtual
109	3/31/2023	1:00-4:00	Friday	Virtual
109	4/13/2023	2:00-5:00	Thursday	Virtual
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109	4/18/2023	8:00-11:00	Thursday	Virtual
109	5/25/2023	9:00-12:00	Thursday	Virtual
109	6/16/2023	1:00-4:00	Friday	Virtual
109	6/20/2023	2:00-5:00	Tuesday	Virtual
109	6/28/2023	4:00-7:00	Wednesday	Virtual
109	7/21/2023	8:00-11:00	Friday	Virtual
109	8/8/2023	9:00-12:00	Tuesday	Virtual
109	9/7/2023	1:00-4:00	Thursday	Virtual

109	9/21/2023	2:00-5:00	Thursday	Virtual
109	9/27/2023	4:00-7:00	Wednesday	Virtual

	Group	Day	Time	Location	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19	S20	
Enhancing Trauma Awareness (ETA)	2030W123	Wednesday	9:00-11:30	Virtual	1/4/2023	1/18/2023	2/1/2023	2/15/2023	3/1/2023	3/15/2023															
	2031W123	Thursday	1:00-3:30	Virtual	1/5/2023	1/19/2023	2/2/2023	2/16/2023	3/2/2023	3/16/2023															
	2032W123	Monday	4:30-7:00	Virtual	1/30/2023	2/13/2023	2/27/2023	3/13/2023	3/27/2023	4/10/2023															
	2033W123	Tuesday	9:00-11:30	Virtual	1/17/2023	1/31/2023	2/14/2023	2/28/2023	3/14/2023	3/28/2023															
	2034W123	Wednesday	1:00-3:30	Virtual	1/18/2023	2/1/2023	2/15/2023	3/1/2023	3/15/2023	3/29/2023															
	2035Sp23	Friday	9:00-11:30	Virtual	3/17/2023	3/31/2023	4/14/2023	4/28/2023	5/12/2023	5/26/2023															
	2036Sp23	Thursday	1:00-3:30	Virtual	3/23/2023	4/6/2023	4/20/2023	5/4/2023	5/18/2023	6/1/2023															
	2037Sp23	Tuesday	4:30-7:00	Virtual	4/4/2023	4/18/2023	5/2/2023	5/16/2023	5/30/2023	6/13/2023															
	2038Sp23	Monday	9:00-11:30	Virtual	4/3/2023	4/17/2023	5/1/2023	5/15/2023	6/12/2023	6/26/2023															
	2039Sp23	Tuesday	1:00-3:30	Virtual	4/11/2023	4/25/2023	5/9/2023	5/23/2023	6/6/2023	6/20/2023															
	2040W123	Wednesday	4:30-7:00	Virtual	1/25/2023	2/8/2023	2/22/2023	3/8/2023	3/22/2023	4/5/2023															
	2041W123	Thursday	9:00-11:30	Virtual	1/12/2023	1/26/2023	2/9/2023	2/23/2023	3/9/2023	3/23/2023															
	2042W123	Friday	1:00-3:30	Virtual	1/13/2023	1/27/2023	2/10/2023	2/24/2023	3/10/2023	3/24/2023															
	2043W123	Tuesday	4:30-7:00	Virtual	1/17/2023	1/31/2023	2/14/2023	2/28/2023	3/14/2023	3/28/2023															
	2044W123	Wednesday	9:00-11:30	Virtual	1/11/2023	1/25/2023	2/8/2023	2/22/2023	3/8/2023	3/22/2023															
	2045Sp23	Thus	4:30-7:00	Virtual	5/11/2023	5/25/2023	6/8/2023	6/22/2023	7/6/2023	7/20/2023															
	2046Sp23	Friday	9:00-11:30	Virtual	5/12/2023	5/26/2023	6/9/2023	6/23/2023	7/7/2023	7/21/2023															
	2047Sp23	Monday	1:00-3:30	Virtual	6/5/2023	6/19/2023	7/17/2023	7/31/2023	8/14/2023	8/28/2023															
	2048Sp23	Tuesday	4:30-7:00	Virtual	5/9/2023	5/23/2023	6/6/2023	6/20/2023	7/18/2023	8/1/2023															
	2049Sp23	Thursday	1:00-3:30	Virtual	6/15/2023	6/29/2023	7/13/2023	7/27/2023	8/10/2023	8/24/2023															
Course	2130W123	Monday	9:00-11:30	Virtual	1/30/2023	2/13/2023	2/27/2023	3/13/2023	3/27/2023	4/10/2023	4/24/2023	5/8/2023	5/22/2023	6/5/2023	6/19/2023	7/17/2023									
	2131W123	Tuesday	1:00-3:30	Virtual	1/31/2023	2/14/2023	2/28/2023	3/14/2023	3/28/2023	4/11/2023	4/25/2023	5/9/2023	5/23/2023	6/6/2023	6/20/2023	7/18/2023									
	2132W123	Wednesday	4:30-7:00	Virtual	3/15/2023	3/29/2023	4/12/2023	4/26/2023	5/10/2023	5/24/2023	6/7/2023	6/21/2023	7/5/2023	7/19/2023	8/2/2023	8/16/2023									
	2133W123	Thursday	9:00-11:30	Virtual	2/9/2023	2/23/2023	3/9/2023	3/23/2023	4/6/2023	4/20/2023	5/4/2023	5/18/2023	6/1/2023	6/15/2023	6/29/2023	7/13/2023									
	2134Sp23	Tuesday	9:00-11:30	Virtual	2/28/2023	3/14/2023	3/28/2023	4/11/2023	4/25/2023	5/9/2023	5/23/2023	6/6/2023	6/20/2023	7/18/2023	8/1/2023	8/15/2023									
	2135Sp23	Friday	1:00-3:30	Virtual	3/3/2023	3/17/2023	3/31/2023	4/14/2023	4/28/2023	5/12/2023	5/26/2023	6/9/2023	6/23/2023	7/7/2023	7/21/2023	8/4/2023									
	2136Sp23	Thursday	4:30-7:00	Virtual	3/2/2023	3/16/2023	3/30/2023	4/13/2023	4/27/2023	5/11/2023	5/25/2023	6/8/2023	6/22/2023	7/6/2023	7/20/2023	8/3/2023									
	2137Sp23	Tuesday	1:00-3:30	Virtual	3/7/2023	3/21/2023	4/4/2023	4/18/2023	5/2/2023	5/16/2023	5/30/2023	6/13/2023	6/27/2023	7/11/2023	7/25/2023	8/8/2023									
	(Applying Trauma Principles (ATP))	6040W123		9:00-11:30	Virtual	2/6/2023	3/6/2023	3/20/2023	4/3/2023	4/17/2023	5/1/2023	5/15/2023	6/12/2023	6/26/2023	7/10/2023	7/24/2023	8/7/2023								
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		6042W123		4:30-7:00	Virtual	2/21/2023	3/7/2023	3/21/2023	4/4/2023	4/18/2023	5/2/2023	5/16/2023	5/30/2023	6/13/2023	6/27/2023	7/11/2023	7/25/2023								
		6043W123		9:00-11:30	Virtual	3/3/2023	3/17/2023	3/31/2023	4/14/2023	4/28/2023	5/12/2023	5/26/2023	6/9/2023	6/23/2023	7/7/2023	7/21/2023	8/4/2023								
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		6045Sp23		4:30-7:00	Virtual	3/23/2023	4/6/2023	4/20/2023	5/4/2023	5/18/2023	6/1/2023	6/15/2023	6/29/2023	7/13/2023	7/27/2023	8/10/2023	8/24/2023								
		6046Sp23		9:00-11:30	Virtual	3/22/2023	4/5/2023	4/19/2023	5/3/2023	5/17/2023	5/31/2023	6/14/2023	6/28/2023	7/12/2023	7/26/2023	8/9/2023	8/23/2023								
	Course	540W123	Wednesday	9:00-11:30	Virtual	3/29/2023	4/12/2023	4/26/2023	5/10/2023	5/24/2023	6/7/2023	6/21/2023	7/5/2023	7/19/2023	8/2/2023										
		541W123	Thursday	1:00-3:30	Virtual	3/30/2023	4/13/2023	4/27/2023	5/11/2023	5/25/2023	6/8/2023	6/22/2023	7/6/2023	7/20/2023	8/3/2023										
		542W123	Monday	4:30-7:00	Virtual	4/24/2023	5/8/2023	5/22/2023	6/5/2023	6/19/2023	7/17/2023	7/31/2023	8/14/2023	8/28/2023	9/11/2023										
		543W123	Tuesday	9:00-11:30	Virtual	4/11/2023	4/25/2023	5/9/2023	5/23/2023	6/6/2023	6/20/2023	7/18/2023	8/1/2023	8/15/2023	8/29/2023										
		544W123	Wednesday	1:00-3:30	Virtual	4/5/2023	4/19/2023	5/3/2022	5/17/2022	5/31/2022	6/14/2023	6/28/2023	7/12/2022	7/26/2023	8/9/2023										
545W123		Tuesday	4:30-7:00	Virtual	4/11/2023	4/25/2023	5/9/2023	5/23/2023	6/6/2023	6/20/2023	7/18/2023	8/1/2023	8/15/2023	8/29/2023											
546W123		Wednesday	9:00-11:30	Virtual	4/5/2023	4/19/2023	5/3/2023	5/17/2023	5/31/2023	6/14/2023	6/28/2023	7/12/2023	7/26/2023	8/9/2023											
547Sp23		Thursday	1:00-3:30	Virtual	4/6/2023	4/20/2023	5/4/2023	5/18/2023	6/1/2023	6/15/2023	6/29/2023	7/13/2023	7/27/2023	8/10/2023											
548Sp23		Tuesday	4:30-7:00	Virtual	4/18/2023	5/2/2023	5/16/2023	5/30/2023	6/13/2023	6/27/2023	7/11/2023	7/25/2023	8/8/2023	8/22/2023											
549Sp23		Monday	9:00-11:30	Virtual	4/3/2023	4/17/2023	5/1/2023	5/15/2023	6/12/2023	6/26/2023	7/10/2023	7/24/2023	8/7/2023	8/21/2023											
550Sp23		Tuesday	1:00-3:30	Virtual	5/2/2023	5/16/2023	5/30/2023	6/13/2023	6/27/2023	7/11/2023	7/25/2023	8/8/2023	8/22/2023	9/5/2023											
551Sp23		Thursday	4:30-7:00	Virtual	5/4/2023	5/18/2023	6/1/2023	6/15/2023	6/29/2023	7/13/2023	7/27/2023	8/10/2023	8/24/2023	9/7/2023											
552Sp23		Friday	9:00-11:30	Virtual	5/5/2023	5/19/2023	6/2/2023	6/16/2023	6/30/2023	7/14/2023	7/28/2023	8/11/2023	8/25/2023	9/8/2023											
553Sp23		Monday	1:00-3:30	Virtual	5/8/2023	5/22/2023	6/3/2023	6/19/2023	7/17/2023	7/31/2023	8/14/2023	8/28/2023	9/11/2023	9/25/2023											
554Sp23		Wednesday	4:30-7:00	Virtual	5/10/2023	5/24/2023	6/7/2023	6/21/2023	7/5/2023	7/19/2023	8/2/2023	8/16/2023	8/30/2023	9/13/2023											