



An investigation into cultural history, recent scientific discovery and proven practice to learn about healthy relationships and communities.

iCAN Workshops are for volunteers, educators, parents and community members who are (or want to be) Caring Adults in the lives of kids.

Trauma is part of being alive in a broken and challenging world. But hope for strength through adversity is founded on solid evidence.

We can build resilience for our kids, ourselves, and our community.



The first part of our workshop will fill your **head** with satisfying scientific evidence about the role of relationships on the development of the human brain.



Part two focuses on **heart** health in the life of a Caring Adult. We learn how coherence and mirror neurons give us ample reason for self care.



The last section leans into **hands** on experiential learning and shared practice with tools to use in mutually respectful relationships.

Please join us for an iCAN Workshop in your community.
Includes workshop, lunch and workbook.