

**\*All Services At NO Cost to Medi-Cal Providers.**

aces aware 

GRANTEE

# Supporting Medi-Cal Providers' Resilience



## We Are Resilient™

- Helps you provide **trauma-informed care** to prevent and mitigate the detrimental health effects of Adverse Childhood Experiences (ACEs) and trauma on your patients.
- Helps you **navigate your personal daily stressors** and work/life changes such as providing telehealth while caring for family members due to COVID-19.
- Helps you and your staff members deal with your own trauma, particularly vicarious trauma, and **boost your ability to center, connect, and collaborate**.
- Defines resilience in a deeper more meaningful way to **help you grow personal resilience, relational resilience, and your healthcare team's resilience**.

*"I highly recommend Dovetail's We are Resilient™ training for medical providers. I learned a lot of practical tools that have proven helpful in centering myself and putting a little more calm into my hectic days."*

**~ Dr. Joan Jeung - pediatrician and  
Health Sciences Associate  
Clinical Professor, UCSF**



# LOOKING FOR NEW STRATEGIES?

## Learn about We Are Resilient™ :

- **Introductory Training Webinars**
  - Two 90-minute sessions--open enrollment
  - Co-branded two 90-minute sessions with recording for future use by your organization
- **Small Resilience Learning Circles**

*Limited to 15 participants, held on Zoom*

  - 6 Week Circle
  - 12 Week Circle
- **Certified Coach Training** for We Are Resilient™

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Supported by ACEs Aware Grant.

**DOVETAIL LEARNING**  
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