

# CHILD ABUSE PREVENTION MONTH

## Voices for Children Brown Bag Lunch Seminars

There is no cost to attend.

**All Seminars will be offered in person and virtually on Microsoft Teams.  
Please register on Eventbrite to receive viewing link or use the QR code below to register.  
In person option will be located at Olmsted County Community Services at 2117 Campus  
Drive, SE, Rochester, Room 161**

---

### Caregiver Training with Victim Services

Participants will develop a basic understanding of Human Trafficking, Sexual Exploitation, and vulnerabilities. Participants will learn about safety planning with youth and resources available to support youth. Our goal is to provide the information and education to empower, you as caregivers of youth. We recognize that although it is scary to think our is youth at risk for exploitation, the more, we increase our awareness and strengthen our communication with youth, the stronger our relationships, and the safer everyone will be. This presentation is confidential and available to any parent/guardian or caregiver.

**Monday, April 3rd, 2023 11:30am-1:30pm**

Presented by: Andrea White, Safe Harbor Regional Navigator, SE MN and Sarah Palmer, Victim Services  
<https://www.eventbrite.com/e/caregiver-training-with-victim-services-tickets-576097201237>

---

### Nature Rx

Learn about the healing power of nature and how being outdoors can enhance your physical, mental, and spiritual wellbeing. We'll explore the science behind what happens in your body when you spend time in nature and learn some simple forest therapy activities you can do at home or in a nearby park. The end of the presentation will include going outside to practice some of the activities.

**Monday, April 10<sup>th</sup>, 2023 11:30am-12:30pm**

Presented by: Sara Holger, DNR  
<https://www.eventbrite.com/e/nature-rx-tickets-585842730377>

---

### Beyond Consequences, Time Outs and Loss of Privileges

Do you feel like you have tried all of the above and behaviors are not changing? There is a time, a place, and a way for all these techniques to be effective, but there are other options.

Intrigued? Then this is a class for you.

**Monday, April 17<sup>th</sup>, 2023 11:30am-12:30pm**

Presented by: Amy Baker, BA, Early Childhood Family Service, Community Outreach Parent Educator  
<https://www.eventbrite.com/e/beyond-consequences-time-outs-and-loss-of-privileges-tickets-585848006157>

---

### Corporal Punishment: The Good (?), The Bad and The Evil

An overview of research related to physical (corporal) punishment and recent initiatives around reducing its use.

**Monday, April 24<sup>th</sup>, 2023 11:30am-12:30pm**

Presented by: Chris Derauf, MD, Mayo Clinic  
<https://www.eventbrite.com/e/corporal-punishment-the-good-the-bad-and-the-evil-tickets-585850664107>

---

**Certificates of Attendance and CEUs are available for nurses and social workers.**

If you have questions, please contact: [Voicesofolmsted@gmail.com](mailto:Voicesofolmsted@gmail.com)

