



# MEDIA RELEASE

FOR IMMEDIATE RELEASE

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## FREE Training Event for Parents, Caregivers & Professionals

The Green River Community Collaboration for Children is hosting a training event October 22, 2021, from 8:00 a.m. to 4:30 p.m., in the Community Center (Entrance E) of Owensboro Christian Church. Individuals can register for the free training by calling or emailing Kristy James by October 19, 2021.

The event will feature Dr. Virginia Braden, Licensed Private Investigator, Behavioral Analyst, Consultant, Certified Hostage Negotiator, Chaplain, and Author. Additional information about Dr. Braden can be found at <https://www.bradeninvestigations.com>.

The training will consist of two sessions: session 1 - *Body Talk* will help participants gain a better understanding of non-verbal communication, and session 2 - *Kind to Me* will focus on the importance of self-compassion. According to Kristy James, "Understanding body language can give parents insight into emotions their child may be experiencing but are unable to express verbally, which then allows parents to meet the child's emotional needs." Professionals working with families and children will also benefit from learning to observe and interpret non-verbal cues to improve communication and establish trust with clients. Ms. James also hopes parents and professionals will gain knowledge to make self-care a priority for themselves and become models of the behavior for their children and others.

Participants will enjoy a light breakfast courtesy of Anthem. A break between sessions will allow time for participants to get lunch on their own. Multiple door prizes will be awarded at the end of the day.

Funding for this training is in whole or in part from federal, Cabinet for Health and Family Services, or other state funds.

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*The Green River Area Development District (GRADD) is a regional planning agency serving the communities of Daviess, Hancock, Henderson, McLean, Ohio, Union, and Webster counties. GRADD offers assistance in the fields of aging, health, and social services; community and economic development; transportation planning; and workforce development. Our mission is to afford local governments and citizens a regional forum to identify issues and opportunities, and to provide leadership in planning and implementing programs to improve the quality of life in our district.*

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