

# LUNCH AND LEARN

A series of monthly webinars for community sponsors, volunteers, and anyone interested in refugee resettlement.

.....  
**Session 1:** 12:00-1:00 p.m. ET    **Session 2:** 7:00-8:00 p.m. ET



**OCT. 28**

## Trauma-Informed Care for Sponsors

Join us for an interactive webinar on Trauma-Informed Care designed to empower participants with the skills to define and apply trauma-informed practices within the refugee context.

**Key Topics:**

- Recognizing the signs and outcomes of trauma responses.
- Understanding the various sources of primary and secondary trauma.
- Using the five principles of trauma-informed care.

[bit.ly/LNLoct1](https://bit.ly/LNLoct1)

1



[bit.ly/LNLoct2](https://bit.ly/LNLoct2)

2



**NOV. 25**

## A Warm Welcome: Refugee Panel

This inspiring Lunch and Learn will feature firsthand stories from refugees, showcasing the profound impact of community support on their successful integration.

**Key Topics:**

- Gain insights into challenges and triumphs experienced by refugees while adapting to new surroundings.
- Learn about the various support systems that play a crucial role in helping refugees feel at home.
- Discover effective strategies and practices that communities can use to foster a welcoming and inclusive environment for refugees.

[bit.ly/LNLnov1](https://bit.ly/LNLnov1)

1



[bit.ly/LNLnov2](https://bit.ly/LNLnov2)

2



**DEC. 16**

## Advocacy Part I: Informed Conversations About Refugee Resettlement

The first session in a two-part Advocacy series, this Lunch and Learn will equip participants with valuable knowledge and skills to effectively share about refugee resettlement in conversations with friends and family. Participants will learn best practices for entering conversations around resettlement, especially how to correct misinformation and reframe common messaging. This session will be recorded.

**Key Topics:**

- Learn the basic facts of refugee resettlement, as well as how to address common myths and misconceptions.
- Engage in healthy interpersonal conversations about welcoming newcomers in the U.S.
- Identify key principles of meaningful dialogue and bridge-building across difference.

[bit.ly/LNLdec1](https://bit.ly/LNLdec1)

