



The MultiCultural Center
presents

What is trauma-informed care, why does it matter, and how can it be applied in our relationships? We all want safe communities, but they aren't created by chance. We need tools and practices that produce deep understanding, intention, and care. Join us for a workshop facilitated by Macala "Kala" Lacy from The Well Healing, where we'll explore key principles of trauma-informed care and how to use them authentically to cultivate our communities. This workshop will support participants' conceptualization of trauma, its impacts, and the application of intentional approaches to build safer spaces.



Macala "Kala" Lacy (pronounced kay-uh; pronouns: she/they) is a licensed yoga-psychotherapist (licensed marriage & family therapist and certified yoga teacher) and one of the founders of The Well Healing, with her ancestors as the other co-founders. Kala wholeheartedly believes that she was given this life to support the healing journeys of LGBTQ+ Black and people of color. She uses her knowledge and experience as an LMFT & CYT to provide resources for physical, emotional, mental, and spiritual wellness to historically oppressed communities across the nation. Kala considers it her responsibility to provide, fight for, and challenge conceptualizations of care in oppressive spaces. They remind us that by centering our individual and collective health, we ensure sustainable resistance in a world designed to destroy and disconnect us from ourselves and each other.

Trauma-Informed Community Care Workshop

Macala "Kala" Lacy, LMFT & CYT

Friday, February 27
12 pm • MCC Lounge

For more information or assistance in
accommodating people of varying abilities
contact the MultiCultural Center at 805.893.8411

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Register on Shoreline:

<https://cglink.me/2dD/r2270372>

