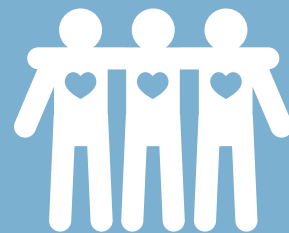


Rare Caregivers Trauma Informed Peer-Support Training

Connection Through Shared Experience



Caring for Yourself and Others

Give an Hour is proud to partner with **Lipodystrophy United** to provide trauma-informed peer support training program designed specifically for the Rare community. This 90-minute trauma-informed session is designed to help caregivers explore authentic connection, build emotional safety, and rediscover meaning through shared experience.


What to Expect

Give an Hour's Rare Care Peer support training is trauma-informed. Participants will cover:

- The pillars of peer support: Connection, Mutuality, Empathy, Trust
- Skills to nurture hope and resilience in others
- Navigating boundaries, crisis response, and self-care
- Resources to reduce isolation and sustain the community

When?

Saturday, August 16, 2025
 12:00 - 1:30 PM CST



**Lipodystrophy
 United**

REGISTER HERE



<https://lipodystrophyunited.org>
<https://giveanhour.org>