in the classroom, there is a handout by Trauma-Informed Oregon located in the Facilitator Toolkit. Accessibility and trauma-informed care are central values of this course.

If holding class in-person, you will need:

- This Guide
- Student Guides for each participant (printed or virtual copies)
- A whiteboard
- A projector, computer, and the PowerPoint slides
- Easel/poster paper
- Markers; extra pens or pencils
- Writing paper
- Calculators (enough for all participants)
- Hand-outs and worksheets

Navigating Class Online: If holding classes virtually, this course would be best taught on Zoom or a similar virtual meeting space, such as Google Meets, Microsoft Teams, or Skype. Zoom is recommended, however, facilitators will need access to a subscription to hold classes longer than 45 minutes.

Be sure to ask for everyone's email addresses before the start of the course to send reminders, online meeting details, necessary paperwork, worksheets, etc. Before the start of each class, facilitators should have the PowerPoint slides displayed on the shared screen. Ensure that all participants have Internet access and a quiet space to attend class. Headphones are highly recommended. Ask the participants at the beginning of each class to mute themselves when others are talking to limit background noise.

If holding class online, you will need:

- This Guide
- Student Guides for each participant (printed or online copies)
- A computer with Internet access
- An email address (facilitators and participants)
- A Zoom, Microsoft, Google, or Skype account to hold virtual meetings
- The PowerPoint slides
- Headphones