

# Rare Caregiver Trauma-Informed Peer Support Training

*Connect, Reflect, and Grow*



## No-Cost Training

Join Give an Hour for a no-cost, virtual peer support training specifically for rare disease caregivers. This **90-minute trauma-informed session** is designed to help caregivers explore authentic connection, build emotional safety, and rediscover meaning through shared experience.

## What You'll Learn

- 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

## Upcoming 2025 Dates

- July 23 | 12-1:30 PM EST
- September 17 | 3-4:30 PM EST
- November 19 | 6-7:30 PM EST



[Register Here](#)

## Meet Your Facilitators

**Ronda Thorington, LPC**, is a Licensed Professional Counselor with over 20 years of experience supporting children, families, and adults across residential and private practice settings. As a rare caregiver herself, she brings both clinical insight and personal understanding to this space. Her passion is helping parents and caregivers reclaim calm, connection, and joy—even in the midst of life-changing diagnoses.



**Amanda Abrenillo-Oliveira, Partnership & Training Manager** brings a strong background in psychology, conflict management, and people services to her work at Give an Hour. With years of experience building inclusive communities, leading courageous conversations, and supporting transformation through wellness, she is passionate about empowering others and creating safe spaces for growth. Amanda is also a mom, a foodie, and finds joy in connecting through creativity and purpose.



**ALEXION**  
CHARITABLE FOUNDATION

**AMGEN**



Any questions, please email:  
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