

Parents Invited to Parenting Class about Trauma



Learn more about the impact of trauma
(on yourself and your child/ren)

Understand big feelings
(for you and your child)

Address challenging behaviors
(in your child/ren)

Find new ways of talking with your children
(about your family's experiences)

Learn & practice parenting strategies
(for more effective & happier parenting)

For parents who went through childhood trauma and now want help raising their own kids

OR

Parents facing life challenges who want to learn the best ways to raise their kids

OR

Parents with children who are in foster care or who used to be in foster care.

Meet Weekly in person or virtually for 10 weeks

Receive up to \$180 in gift cards for participating

Sign Up Here!



QUESTIONS?

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