



A Carizon and Lutherwood Partnership
www.frontdoormentalhealth.ca



Trauma Informed Parenting Workshop

Do you have a child or youth that has experienced trauma?

Do you have questions about how to help your child or youth cope with their responses to trauma?

An educational workshop for parents/caregivers of children and youth who have experienced trauma is being offered in elementary schools across Waterloo Region. The purpose for this workshop is to assist parents/caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective.

In this workshop you will have an opportunity to learn:

- About trauma and its associated symptoms
- The impact of trauma on children and youth
- Strategies to help your child or youth cope with their reactions to trauma
- How to understand your child's behaviour from a trauma-informed perspective
- How to promote your child's resilience

Upcoming Workshop Dates

May 23rd; 6:30pm - 8:30pm

Location: Suddaby PS

171 Frederick Street, Cambridge

June 22nd; 6:00pm – 8:00pm

Location: St. John's Catholic School,
99 Strange Street, Kitchener

To Register for ONE of the above dates please call **Front Door 519-749-2932** and **press 2** to speak with reception

[Interpreters provided upon request](#)