



Do you have a child or youth who is not moving past a difficult situation?

Do you have questions about how to help your child or youth cope with their feelings after difficult situations?

Carizon & Lutherwood offer

Trauma Informed Parenting Workshop Part 2

Trauma Informed Parenting Workshops are being offered in the Waterloo Region for parents/caregivers of children and youth who have experienced trauma. The purpose of these workshops is to assist parents/caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective. We are offering Part 2 of Trauma Informed Parenting Workshop as parents requested more hands-on activities and practice in the implementation of strategies.

Part 2 Workshop Focus:

- Traumatic events and impact
- Learn and practice strategies to assist your child/youth to cope with trauma stress
- Help your child/youth heal
- Develop self care plans for yourself and family members
- Resources for support

Registration is required! For more information or to register, please call 226--339-0571 or email jkeyzer@carizon.ca

Upcoming Workshop:

When: **Wednesday, January 30, 2019**
From **12:30-2:30pm**

Where: **Victoria Hills Community Centre**
10 Chopin Drive Kitchener, On

Interpreters provided upon request! **Child minding** is also available for this session!



A Partnership of

