



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 Workshops

Trauma Informed Parenting Workshops are being offered in the Waterloo Region for parents/caregivers of children and youth who have experienced trauma. The purpose for these workshops is to assist parents/caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective.

Upcoming Workshops:

When: Thursday, January 18; 6:00-8:00 p.m.
Where: Carizon Family and Community Services
645 Westmount Rd E, Kitchener N2E 3S3

When: Thursday, March 1; 6:00-8:00 p.m.
Where: Centennial Public School
100 Weaver St, Cambridge N3C 1W4

Interpreters provided upon request! For more information or to register, please call 519-749-2932 ext. 2 or visit our website www.carizon.ca.

Join us to learn:

- What trauma is
- Common responses that children and youth have
- Tools to help your child/youth cope with difficult situations



A Partnership of

