



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?

Trauma Informed Parenting Workshop Series

Carizon’s in-person Trauma Informed Parenting Workshop is being offered in the Waterloo Region for parents/caregivers of children and youth who have experienced trauma. This two-session workshop assists with understanding trauma and what it means to parent children from a trauma-informed perspective. Join us to learn what trauma is, common responses that children and youth have and tools to help your child/youth cope with difficult situations.

Session One: Focus is on “What is Trauma and what are the symptoms of Trauma”

Session Two: Provides parents with strategies and tools that can assist their child in dealing with Trauma

Upcoming Workshop Dates:

- Thursday, December 2, 2021 AND Thursday, December 9, 2021
9:30 a.m. – 12 NOON, Carizon, 400 Queen Street, Kitchener
- Wednesday, December 15, 2021 AND Thursday, December 16, 2021
6:00 – 8:30 p.m., Carizon Community Room, 645 Westmount Rd., Kitchener

*Interpreters provided upon request!



Inspiring Hope + Wellness in Our Community

www.carizon.ca

Registration is required!

[To register, please complete this form](#) and one of our Family Resource Coordinators will reach out to confirm registration.

For more information please call 519-743-6333 ex 2383 or email CRPGroups@carizon.ca