



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 Series

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. There are two sessions in the Trauma Informed Parenting Series, Part One focuses on “What is Trauma and what are the symptoms of Trauma”. Part Two provides parents with strategies and tools that can assist their child in dealing with Trauma. Parents must attend Part One prior to attending Part Two.

Upcoming Workshops:

When: Part One June 12 (6-8pm)
AND
Part Two June 19 (6-8pm)

Where: Lang’s Main Centre
1145 Concession Road
Cambridge, ON

Join us to learn:

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

Interpreters provided upon request! **Child minding** is also available for these sessions!

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



A Partnership of

