



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 offers 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”, and 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.

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 contact **Erin Young** at 519-404-1682 or eyoung@carizon.ca

Upcoming Workshops:

When:

Part One: **March 4, 2020 - 6pm-8:30pm**

Part Two: **March 11, 2020 - 6pm-8:30pm**

Where: Mt. Zion Evangelical Lutheran Church
29 Westmount Road S., Waterloo, On., N2L 2K4

CARIZON 

Inspiring Hope + Wellness in Our Community