Front Door

A Carizon and Lutherwood Partnership
www.frontdoormentalhealth.ca

Trauma Informed Parenting Workshop

Do you have a child or youth that has experienced trauma?

Do you have questions about how to help your child or youth cope with their responses to trauma?

An educational workshop for parents/caregivers of children and youth who have experienced trauma is being offered in elementary schools across Waterloo Region. The purpose for this workshop is to assist parents/caregivers with understanding trauma and what it means to parent their child from a trauma-informed perspective.

In this workshop you will have an opportunity to learn:

- About trauma and its associated symptoms
- The impact of trauma on children and youth
- Strategies to help your child or youth cope with their reactions to trauma
- How to understand your child's behaviour from a trauma-informed perspective
- How to promote your child's resilience

Upcoming Workshop Dates

October 25th; 6 -8pm
Location: Wilson Ave Public School
21 Wilson Ave, Kitchener

November 24th; 6-8pm
Location: Chalmers Street PS
35 Chalmers St, Cambridge

January 17th; 6-8pm
Location: Prueter Public School
40 Prueter Ave, Kitchener

To Register for ONE of the above dates please call **Front Door 519-749-2932** and **press 2** to speak with reception

Interpreters provided upon request