

# HAS YOUR CHILD EXPERIENCED A TRAUMATIC EVENT??

YOU CAN HELP THEM COPE. LEARN MORE:

**January 31**

**March 27**

**May 29**

(FREE virtual workshops)

**6:30 – 8:30pm**



## Topics:

- Types of trauma and stress
- How the brain develops
- Parent/Caregiver leadership in difficult situations

## Who is this workshop for?

- Any parent/caregiver
- Community members that work with children

*Do you wonder how to  
best help your child deal  
with tough times?*



**For more information or to register:**

<https://trauma105-2024.eventbrite.com>