

Building Pathways to Healthy Minds

Workshops for Parents & Caregivers



WHEN LIFE GETS HARD: PARENTING THROUGH TRAUMA

What are Adverse Childhood Experiences? How does trauma impact children? What works to help children who have experienced trauma, such as grief and adversity? In this interactive workshop, participants will learn about how trauma affects development and behavior and leave with 5 strategies to help their child heal from traumatic experiences.

WEDNESDAY
December 4 @ 12-1PM
Online via Zoom - free

Register at <https://childbuilders.org/PTT>