



HELPING CHILDREN DREAM AGAIN



TRAUMA HURTS. START TO HEAL.

Join the Trauma Informed Parenting Group

Has your child experienced a traumatic event? Is he or she having behavioral problems that are difficult to manage? Join the Trauma Informed Parenting Group and learn how to help your child cope and thrive.

What

A 4-week resource group for parents and foster parents of children who have experienced trauma. *Bus tickets are available upon request for participants.*

When & Where

January 16, 2018 • 11:00 a.m. - 1:00 p.m. • Building 90, Room 100

January 23, 2018 • 11:00 a.m. - 1:00 p.m. • Building 79, Room C

January 30, 2018 • 11:00 a.m. - 1:00 p.m. • Building 79, Room A

February 6, 2018 • 11:00 a.m. - 1:00 p.m. • Building 79, Room C

February 13, 2018 • 12:00 p.m. - 2:00 p.m. • Building 79, Room A

February 20, 2018 • 11:00 a.m. - 1:00 p.m. • Building 79, Room B

Why

- Learn about trauma and what can be done to promote healing
- Gain techniques for helping children feel safe
- Understand the connection between thoughts, feelings, and behaviors
- Learn how your child's trauma can affect you, and the importance of self-care

Join Us

Contact your child's therapist or Sharie Knight at 313.262.0952 for more information.

Where

The Children's Center
79 Alexandrine West
Detroit

When

Every Tuesday from
January 16, 2018 to
February 20, 2018