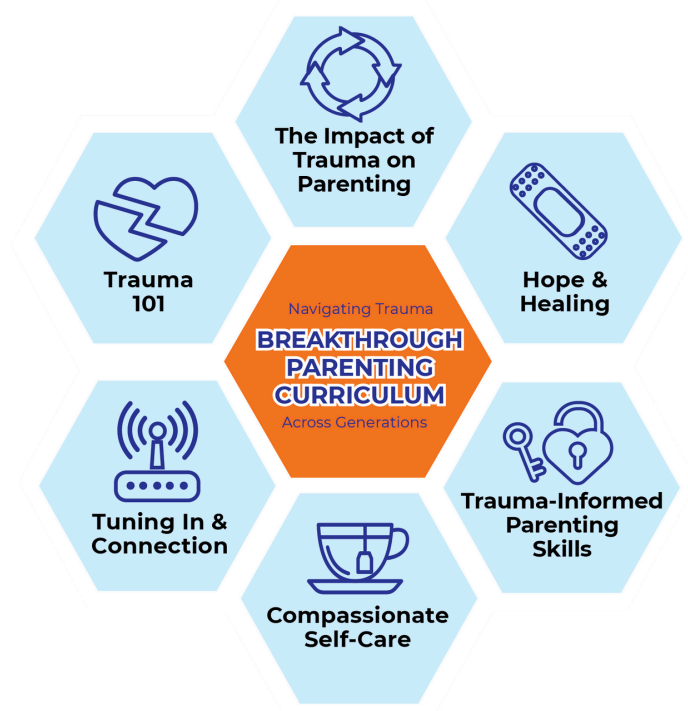


## Parents Invited to Parenting Class about Trauma



**Learn more about the impact of trauma**  
*(on yourself and your child/ren)*

**Understand big feelings**  
*(for you and your child)*

**Address challenging behaviors**  
*(in your child/ren)*

**Find new ways of talking with your children**  
*(about your family's experiences)*

**Learn & practice parenting strategies**  
*(for more effective & happier parenting)*

*For parents who went through childhood trauma and now want help raising their own kids*

**OR**

*Parents facing life challenges who want to learn the best ways to raise their kids*

**OR**

*Parents with children who are in foster care or who used to be in foster care.*

*Meet Weekly in person or virtually for 10 weeks*

***Receive up to \$180 in gift cards for participating***

**Sign Up Here!**



**QUESTIONS?**

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