
Trauma 105: Intro to Trauma for Parents & Caregivers

Date: Monday November 19, 2018

Time: 7:00pm to 9:00pm

Place: Upper Darby Township Building, 100 Garret Road, 2nd Floor Council Room

Register: Email Shannon Thomas / ThomasSF@delcohsa.org or call 610-713-2479 by November 12

Training overview:

Parents and caregivers can play an important role in helping children recover from traumatic events. This workshop is designed to provide introductory information about the impact of trauma and the power of relationships to help children heal. The more parents and caregivers understand how trauma effects children, the more they will understand the reasons for kids' behaviors and emotions, and the more they will be able to help them cope.

Topics covered in this 2-hour workshop:

- Family Safety Plan
- Kinds of Trauma
- Stress and the Brain
- Brain Development
- Dr. Bruce Perry's Regulate-Relate-Reason
- Three styles of Leadership as Parent/Caregiver
- Twelve Categories of Affirmations

United Way
of Greater Philadelphia
and Southern New Jersey



