

Trauma Informed Parenting

(Part 1 and Part 2)

Presented by:



Part 1: Introductory

Understand what trauma can look like and how it affects children, brain development and emotion regulation.



Learn how trauma manifests in children and common responses to prolonged exposure to stress and trauma including symptoms, the Fight, Flight, or Freeze response, and overall impact on the autonomic nervous system.



Part 2: Intermediate

Understand how Adverse Child Experiences (ACEs) may impact the youth in your home and learn trauma specific interventions and tools to assist you in creating a safe and positive environment.

Understand the difference between developmentally appropriate behaviors vs trauma/ adjustment responses and leave with a tool kit to assist you with creating safety in your Resource Home.

Facilitated by: Alyssa Najera, LCSW & Emily Flosi, ASW

Friday, March 27th and April 10th 5:30-7:30p

Light dinner and childcare provided

RSVP:

<https://traumainformedparentingmarchandapril2020.eventbrite.com>

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