



BE A TRAUMA INFORMED CAREGIVER

July 13 – August 31, 2022 | 12 – 2 p.m.

Wednesdays: July 13, 20, 27 August 3, 10, 17, 24, 31

Who can attend

*Foster parents * Adoptive parents * Relative caregivers * Birth parents*

What you'll learn

- ★ How trauma can affect a child's behavior, feelings, and view of the world in profound ways
- ★ Why traumatic reactions and other responses to trauma can interrupt development and a child's ability to effectively engage with the world
- ★ Strategies that will help caregivers support children as they go through a mending process for an improved life
- ★ A better understanding of trauma and its impact on youth and families
- ★ The importance of caring for yourself

Please let us know if you have childcare needs!

Come join us!

This series will be held in person at
Community Mental Health
622 E. Grand River Ave, Howell

Workshop Series Sponsored By:

Livingston County Trauma Informed System of Care

To register, or for more information, please contact
Elizabeth Stahl 517-548-1350 or
elizabeths@lacasacenter.org