



TRAUMA INFORMATION SESSIONS

Join us for a six week educational series for parents of children 0-6 years old who have experienced trauma.

What you'll learn:

- Impact of Trauma
- The Amazing Brain
- About thoughts, feelings, & actions
- Maximizing your energy
- The ABC's of Anger

What you'll gain:

- Support
- Hope
- Peace of mind
- Tools to support your family.
- Improved family relationships

New groups form every month, offering plenty of opportunities to get started!

Since all sessions build on one another, attendance at each session is necessary. This program is offered in-person and virtually.



This opportunity is made possible by the generosity of the Kent County taxpayers and the voter-approved Ready by Five Early Childhood Mileage.

For more information or to enroll call:

Call: 616.942.2081

Contact Center: 1.800.75.SEALS

