



TRAUMA INFORMED PARENTING

FOR PARENTS OR CAREGIVERS WHO HAVE EXPERIENCED RELATIONAL
OR FAMILY TRAUMA



FREE Trauma Informed Parenting Class

A support workshop for parents and
caregivers navigating the complexities
of raising kids



Presenter: Hala Khouri

ABOUT THIS CLASS

Being a parent or caregiver is not easy. Stress and trauma can feel like a barrier to good parenting. In this workshop, Hala Khouri, a trauma specialist, and parent, will share a trauma informed framework for parenting and caregiving that can support you to care for yourself and those who depend on you.

DATE AND TIME

Monday Feb. 27th

6:00-8:00pm PST (Zoom)

Presentation will be recorded for later viewing

CONCEPTS YOU WILL DISCUSS AND EXPLORE INCLUDE:



- Self-awareness is key
- Developmental Psychology 101
- The importance of mirroring
- The power of discomfort.
- Community.

REGISTER AT: <https://www.vashondoveproject.org/events>