



## **Resilient Families Academy**

**Community Training and Empowerment**

Join us for a multi-week group for parents or caregivers who want to learn more about ways to build family resilience after experiencing trauma. Led by a licensed trauma therapist with over 15 years of experience working in the mental health field.

### **Topics include:**

- Resiliency and characteristics of resilient families
- Trauma and its impact on families, parenting, and child development
- Emotions and how to manage them
- Parenting skills
- Boundaries and privacy in families
- Characteristics of healthy families
- Communication Skills

## **Weekly Group**

### **Are you:**

- A parent or caregiver?
- Has your family experienced a traumatic event?
- Interested in improving your relationship with your child?

### **For more information:**

Contact the Community Training and Empowerment Team

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