Trauma-Informed Caregiver Group

Presented at Liberty House

For non-offending parents and caregivers of children who have experienced trauma.

Tuesdays 3:30-5:00 pm for 6 weeks
Location: Liberty House Building 1, 385 Taylor Street NE, Salem

This group offers educational information about how trauma affects children and how their caregivers can support them during a difficult time. There will also be time for discussion and support.

Registration is open – contact Neda for the next start date. Pre-registration is required.
Childcare services not provided.
Attendance for the first week and commitment to attend each week is important.

Topics:

- *Introduction to Trauma:* defining trauma, how children respond to trauma and what helps children recover from trauma.
- *Understanding Trauma's Effects:* learning what effect trauma has on different aged children, how caregivers can respond to children who experienced trauma, what trauma-informed caregiving can do.
- *Building a Safe Place:* understanding that children have a different sense of safety after trauma, ideas on how to help children feel psychologically safe again and how to help children cope with reminders of the trauma they experienced.
- *Dealing with Feelings and Behaviors:* how caregivers can differentiate and tune in to children and encourage positive behaviors by correcting negative behaviors and helping children to understand links between thoughts, feelings, and behaviors.
- *Taking Care of Yourself:* tips for caregivers on how to care for themselves and cope with their children's trauma, especially when the child's trauma is a reminder of the caregiver's own trauma.
- *Review & Wrap Up:* safety planning and internet safety, additional resources and time for questions.

For questions or to receive a referral form, contact
Neda L. Grant at Liberty House 503-540-0288 or ngrant@libertyhousecenter.org.