

What we cover ...

- ◇ *The impacts of trauma on development.*
- ◇ *Why attachment is important and how it is impacted by trauma.*
- ◇ *How to connect with your child.*
- ◇ *Why self care is so important to your survival.*
- ◇ *What to do with certain behaviors and how to respond in a way to help your child heal.*
- ◇ *You are not alone.*

"When little people are overwhelmed by big emotions, it's our job to share our calm, not to join their chaos." L.R. Knost

Referrals

*Email all referrals to
Kayelyn Robinson at:
kayelynr@wasatch.org*

OR

*Brooke Willis at:
bwillis@wasatch.org*

This group will be held at:

*Payson Family Clinic
285 N 1250 E
Payson, UT 84651*

801-852-3805

*Group lasts for 6 weeks
Thursdays 9:00-11:30 am
Submit a referral for information on
the next available start date*

Wasatch Mental Health
Special Service District
Embracing Wellness



Parenting the Traumatized Child



I'm Done!!!

Understanding the effects of trauma
and surviving the day-to-day with
your child.



Wasatch Mental Health
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I'm Done!

WHY is my child acting like this?!

WHAT am I doing wrong?!
AM I alone?

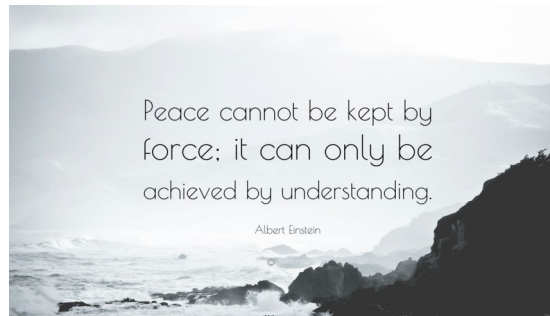
HOW do I help my child?!

Parenting children who have experienced trauma can be difficult. It can leave you feeling confused, frustrated, sad and overwhelmed.

Maybe you're not "done" but want to prevent getting to that point.

If you are feeling that way or asking yourself these questions—this group is for you!

Come learn how trauma impacts development AND what to do about it.



This is a group is for adoptive parents, kinship care providers, foster parents and guardianship caregivers who are parenting children who have experienced trauma.

Testimonials

"Why isn't everyone mandated to take this course when they get the kids? This is so helpful and is changing how I parent my grandsons."

"This class taught me a lot about how to help my child. Thank you!"

"This was great. I learned a lot and will now work on actually being able to implement it with my own kids."

"I loved the group support."

"The class is really great! I loved taking the class!"

"I realized that once I was in a better state with my mental health, and I was taking care of me, that my parenting really stepped up. The class really helped me put things in perspective. I really tried to change and keep myself calm. Once I fixed myself, it really changed things."