

Parenting Children with Trauma

- Learn how trauma affects the brain
- Explore how to help children feel safe and regulate their emotions
- Understand parenting and attachment styles
- Tips for healthy communication



LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

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For more information, contact:

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Scan QR code below to send email
registration inquiry to class coordinator



Participants in this group class
will learn evidence-based skills
helpful to parenting children
who have experienced trauma.

Jan. 29 - Feb. 26, 2026
Thursdays, 5:30-6:30pm

LOCATION:

online

The County of Placer Mental Health
Services Act (MHSA) has provided
funding. (No cost to Placer County
residents)