

- 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



Scan QR code to register.

Group Registration Form



For questions or additional assistance in registering for classes, contact:

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LIGHTHOUSE COUNSELING AND  
FAMILY RESOURCE CENTER  
110 Gateway Drive, Suite 210 Lincoln, CA 95648  
Main Line: (916) 645-3300  
Website: [www.LighthouseFRC.org](http://www.LighthouseFRC.org)

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

**May 26 - June 23, 2026**  
**Tuesdays, 5:30-6:30pm**

**LOCATION:**

**Rocklin office**  
**3175 Sunset Blvd., Suite 103**

Placer County Mental Health Services Act (MHSA)  
has provided funding.

No cost to Placer County residents.