

Trauma-Informed Caregivers Group

This group is open to any adult who is supporting a child experiencing trauma.

Weekly attendance is not mandatory; however, you are welcome to come as often as fits into your schedule. The group will discuss topics such as; the impact of trauma on children and their families, using coping skills with your child, parenting tips for children who have experienced trauma, talking to your children about their trauma experiences, and how to best support your child in healing.

Many of the topics are based off of Trauma-Focused Cognitive Behavioral Therapy and Parents In the Know.

This group will be facilitated by our PAAR Master's Level Clinical Interns.

Virtual via ZOOM

To register, please visit paar.net/get-help/wellness-series/

Monday* Evenings From 6:00 PM - 7:30 PM

*Meetings on weeks of October 31st & November 28th will take place on Tuesdays that week (November 1 & November 28). A separate link will be sent directly for each.



HELPLINE | Chat Online at paar.net
Call/Text: 1-866-END-RAPE (363-7273)