

February 10<sup>th</sup> - March 31

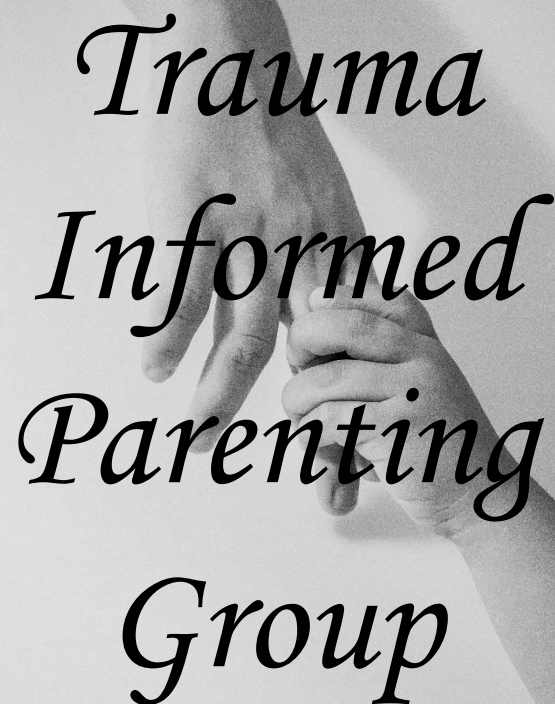
Thursdays 6 - 7:45 pm

Held in person at Hope and Healing Child and Family  
Counseling.

Led by Michelle Benson, APRN

and Becky L Pierce, LCSW

Space is limited so contact the office to sign up!

A black and white photograph showing a larger hand gently holding a smaller child's hand. The text is overlaid on this image.

# *Trauma Informed Parenting Group*

Learn how to parent children with developmental trauma with techniques that can help **any** child!

Topics include; how trauma affects the brain, helping children regulate, decreasing negative behaviors, helping your child feel safe, and understand why they do what they do!

This group draws from TBRI (Trust Based Relational Intervention), AFFT (Dan Hughes), and NMT (Bruce Perry) techniques.

