PARENTS, CAREGIVERS & FAMILY MEMBERS:

HAS TRAUMA IMPACTED YOUR CHILD & FAMILY?

*Nearly 50% of children experience trauma often due to challenging family circumstances, the impact of the pandemic, and an increase in community and school violence. Trauma affects a child's behavior and ability to learn. It can also cause **Traumatic Stress** in a child and family.*

You are not alone!

Join others for **When Trauma Hits Home: *Addressing Trauma's Impact on Children and Families***

Attend all or individual sessions

- **First Wednesday** of each month
- **7:00–8:00 pm**
- Begins **October 4, 2023 – August 7, 2024**
- **Via Zoom**

Receive a $25 Amazon Gift Card per Session!

About the Facilitator: Kathryn Mariani, MA, is the Professional Development Educator at Child Guidance Resource Centers. Kathryn has provided training for two decades in the fields of Behavioral Health, Substance Abuse, and Disabilities. She engages participants through discussion and the use of creative arts. As the parent of a child impacted by trauma, she brings lived experience when supporting new skills and ways to adjust expectations, connect with resources, and practice compassion.

Participants will gather in a safe environment and learn to:

- Recognize trauma in your child & understand its impact
- *PAUSE!* & Respond to challenging behaviors with compassion
- Foster resilience and celebrate your child's strengths
- Access resources and know when to ask for help
- Reduce stress for your child, the family, and *You!*

For more information, contact Kathryn Mariani at trauma-informed@cgrc.org or 484-454-8700 x1803

To enroll, click here or scan the QR code.

This series is made possible by a grant from the offices of Senators Amanda M. Cappelletti, Carolyn Comitta, John Kane, Tim Kearney, & Katie Muth. Sessions are intended to provide education, resources, and opportunities for mutual support. The content is not a substitute for professional advice, diagnosis, or treatment. If you, your child, or your family need clinical support, please visit CGRC.org for information about programs and services.

In the event of a crisis, please call 911, the Suicide and Crisis Hotline 988, or go to the nearest emergency room or crisis center.