

FREE!

Virtual 8-Week

Trauma Informed Parenting

Workshop

*Qualifies for
DCFS Foster
Parent Training
Credit!*

Foster Caregivers will learn about the impact of trauma on the development, behavior, and emotions of children and how to effectively manage the challenges & stress of being involved in the foster care system. Others who work with youth are also welcome!



Tuesdays 6-8pm
Starting October 22, 2024

Register soon! Spots are filling up fast!
email: mjensen@onehopeunited.org

*Have you ever
asked yourself...*

*Why won't he
listen to me?!*

*How can I help
her calm down??*

*What about
consequences?*

*Why is he always
so angry?!*

*Should I let him
talk to his mom?*

*When am I
supposed to do
this "self-care?!"*

*Where can I
get help?!?!*

For more info, Contact:

Melissa Jensen or **Kathy Slaughter**
618.367.5429 217.369.1083

mjensen@onehopeunited.org kslaughter1@onehopeunited.org