

Trauma-informed Parenting Presentation



We all desire **healthy and resilient relationships** with our family, friends, colleagues and of course ourselves. Understanding how trauma plays a role in relationships and behaviours is an integral part of self-development and **deepening our connections** with the world around us.

Why Attend?

- Become familiar with different types of trauma
- Understand how our Central Nervous System (CNS) creates survival adaptations and shapes behaviours
- Increased awareness of self-regulation strategies
- Increased ability to identify own patterns of behaviour
- Improve on current practices/lifestyles that support connected, conscious development and growth
- Inner-stand that we all carry some form of trauma in our bodies

Who is the for?

Parents Carers
Educators Coaches
Mentors Employers

When and where?

Aldinga Community Library

Tuesday, June 3rd

12:30-1:30

Cost: \$10pp

Payment on day - Cash or Transfer



0403 949 234



sol.consciousness@proton.me



www.solconsciousness.com

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