



Trauma Informed Parenting Classes

This class takes a unique, relationship-based approach to parenting traumatized children and those with attachment challenges. This approach provides a trauma-informed explanation of “acting out” behaviors.

This class will give caregivers the tools to emotionally tolerate stressful situations and improve behaviors over time. The class is appropriate for biological parents, adoptive parents, foster parents, and kinship-care providers.

Topics Covered Include:

- Emotional Regulation & Dysregulation
- Window of stress tolerance
- Trauma & memory
- Acting out behaviors (i.e. lying, stealing, aggression, etc.)
- Signs & stages of escalation
- Caregiver responses to deescalate
- Setting & enforcing appropriate limits



Upcoming Dates:

Mondays & Wednesdays

Time: 6:00 pm - 7:30 pm

Cost: FREE

- 12/2/24-12/18/24 online
- 1/27/25-2/12/25 online
- 3/24/25-4/9/25 online
- 5/5/25-5/21/25 in person

970-472-4133

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REGISTER YOUR SPOT TODAY! INFO@CHILDSAFECOLORADO.ORG