

# 2019 PARENTING WORKSHOPS

FOR PARENTS AND CAREGIVERS OF CHILDREN AFFECTED BY TRAUMA

## Whole Brained Parenting

March 26th 10am-1pm

Whole Brain Parenting introduces participants to the functions of the brain, the effects of the brain's mirror neurons, and how the brain hemispheres' impact specific behaviors.

## IEP and 504 Information

April 23rd 10am-1pm

This training provides caregivers with more information about the Individualized Education Program (IEP) and Section 504 of the Rehabilitation Act, ensuring equal access to programs and services for children in our school system.

## LGBTQ+: A Child, Youth and Family Approach

May 28th 10am-1pm

This training provides participants an opportunity to explore the needs of LGBTQ+ youth and equips caregivers and service providers with tools to raise inclusive kids while supporting LGBTQ+ youth to reach their fullest potential.

## ACEs and Resilience

June 25th 10am-1pm

This training discusses Adverse Childhood Experiences (ACEs) and their effect on a developing person. Participants will leave with a better understanding of how early childhood trauma affects young people.

## Substance Use, Abuse and Addiction

July 23rd 10am-1pm

This training explores the impact and rates of substance use among youth in foster care, risk factors and protective factors, how substance use affects the brain, different types of substances being used, and common warning signs.

## Suicide Prevention

Sept 24th 10am-1pm

This training will provide caregivers with information on suicide, including the warning signs, to help participants know what to look for and how they can help in working with young people.

All classes listed here will take place at: 2100 24th Ave S, Seattle, WA 98144

## Building a Trauma Informed Home: 3 Part Series

This series explores the challenges of caring for and supporting children and youth who have experienced trauma.

There will be discussion of various topics such as communication, healthy relationships, youth advocacy and behavior management.

April 20th (Part 1): 10am-4pm

May 4th (Part 2): 10am-4pm

May 18th (Part 3): 10am-4pm

Coal Creek Family YMCA  
13750 Newcastle Golf Club Rd  
Newcastle, WA 98059

## Aggression Replacement

This training will explore alternatives to physical violence and equip caregivers with tools to help our youth trade physical violence with more useful strategies.

Oct 19th 10am-4pm

Dale Turner YMCA  
19290 Aurora Ave N, Shoreline,  
WA 98133

OR

Oct 28th (Part 1) 10am-1pm

Nov 26th (Part 2) 10am-1pm

2100 Building  
2100 24th Ave S, Seattle, WA  
98144

**For more information and to register, please e-mail: [parented@seattleyymca.org](mailto:parented@seattleyymca.org)**

*\*There is no cost for this training — Childcare is not available\**

ACCELERATOR YMCA

909 4th Avenue, Seattle, WA 98104

P 206 382 5340

[seattleyymca.org/fosterparenting](http://seattleyymca.org/fosterparenting)

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

