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 effects 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.

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@seattleymca.org

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