



Trauma-Informed Parenting Class

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. Caregivers will learn how children escalate through behaviors, as well as how to respond to help their children during these times. When children and caregivers expand their ability to emotionally tolerate stressful situations, behavior naturally improves. The class is appropriate for biological parents, adoptive parents, foster parents, and kinship-care providers.

Some Program Topics

- Emotional regulation and dysregulation
- Window of stress tolerance
- Trauma and memory
- Acting out behaviors, i.e. lying, stealing, aggression, etc.
- Signs and stages of verbal and behavioral escalation
- Caregiver responses to decrease escalation
- Setting appropriate and enforceable limits

When: Wednesday, July 3rd - Wednesday, August 7th, 2024
Wednesdays, 11:00 AM - 12:30 PM

Where: 2001 S. Shields St, Bldg K, Fort Collins, CO

Cost: FREE

Childcare: Childcare is available for ages 3 and up, but should be considered your back up plan. Children under 3 will be handled on a case-by-case basis - call to discuss.

Food: Pizza, pasta, or sandwiches will be provided.
We will do our best to accommodate any communicated dietary restrictions, but cannot guarantee it.

Registration is required for attendance.

If absent for more than one class, you will be asked to re-register for a future class.

All classes must be completed to receive Certificate of Completion.

Email info@childsafecolorado.org or call (970)472-4133 to enroll!

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