

Free

Trauma Focused Support Group

Free

Many parents or caregivers have experienced trauma in their own childhood or their adult life. This can impact their parenting and their relationships with their children. This group is for parents or caregivers, who are impacted by trauma in any way. This group will give them an opportunity to find support within their own community from those who are experiencing similar challenges in their life. Engaging in a support group can help parents and caregiver to not feel so alone and open them up to new strategies for coping and parenting.

Trauma Focused Parent and Caregiver Support Group

- This trauma focused support group is for parents and caregivers. It will provide a safe space to process how trauma is impacting the family system. Parents and caregivers will connect with others in their community who are experiencing similar challenges.
 - April 2nd, 2019- 6pm- 8pm, Nipomo Elementary
(Forum held in Room 14, Childcare held in Room 15)
 - *Please arrive at 5:45pm to enjoy dinner prior to the start of group.*
 - *Group will begin promptly at 6:00pm.*

Parent Forum Instructor

Jackie Llamas is a graduate of University of California Merced, where she earned her Bachelor's Degree in Psychology and a minor in Sociology. Jackie received a Master's Degree in Clinical Psychology with an emphasis in Latino Mental Health from Antioch University. Jackie has experience working with trauma in children and teens. Jackie is experienced with CBT, TF-CBT, Family Therapy, and Crisis Support. Jackie has been working in the Mental Health field for the past 7 years and is currently employed by the County of San Luis Obispo with the Latino Outreach Program serving the South County area.

For registration, please call SAFE Nipomo Family Advocate-
Karina Ayala at: 805-474-2033 or send email to: karina.ayala@lmsud.org

****Childcare & food free of cost****

