

# Randall Children's Hospital



## **Caring for Children Who Have Experienced Trauma: A Workshop for Foster Parents**

Are you a foster parent or adoptive parent caring for a child who has experienced trauma? Please join us for this **eight-session Workshop** for foster parents.

Children in the foster care system have lived through traumatic experiences. Understanding how trauma affects these children can help you to make better sense of your child's behaviors, feelings, and attitudes.

The goals of this 8-session workshop are to help you:

- Improved your ability to communicate with your child
- Learn skills and techniques to influence your child's behaviors and attitudes
- Learn ways to reduce the stress of parenting and of the traumatized child
- Have more of the positive experiences that make being a foster parent so worthwhile

### **Upcoming Workshop:**

**August 2, 2021 – August 30, 2021**

**Mondays and Thursdays**

**9:00am – 11:00a**

**Live Virtual Workshop**

**This will be conducted via Zoom (link sent when you register)**

**Registration is required. Please contact Holly Hermes at (503) 413-1076 to register and for more information**



**RANDALL CHILDREN'S  
HOSPITAL**  
LEGACY EMANUEL