



Trauma-Informed
HAMPSHIRE COUNTY



in collaboration with the Bridge Family Resource Center is
offering:

Building Resilience in Families

WHAT: A 2-hour interactive program about helping families thrive, especially in the face of adversity.

WHO FOR: parent caregivers of children of any age, with or without a history of trauma.

WHEN: Friday August 1st, 12- 2pm at the Bridge Center.

**To register call 413-549-0297 to sign up with
Amanda at the Bridge Family Resource
Center.**

What to Expect:

- Interactive presentation
- Discussion on how trauma affects caregivers' and children's health
- Learn ways to thrive in the face of adversity
- Leave feeling more connected & confident
- Free workbook for each family

Trauma-Informed Hampshire County is a network of organizations and residents fostering greater community understanding of trauma and adverse childhood experiences, and promoting healing of individual, group, systemic and historical trauma through education, resources sharing and policy/systems change.

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Made possible with support from

