



TRAUMA-INFORMED TRAINING SERIES

Join us for monthly trainings led by clinicians from The Therapeutic Solution on the 2nd Thursday of the month from 4-5 PM via Zoom.

December 9th - Self-Care for Children

January 13th - Self-Care for Adults

February 10th - Understanding Emotions

March 10th - Meditation and Mindfulness

April 14th - Forward Facing Trauma Healing

May 12th - Fostering & Developing Resilience in
Children

Email Leah@fosterkinship.org for more information or
check our our public calendar:

<https://www.fosterkinship.org/contact/>

Must be a kinship caregiver to participate.