

Redefining Trauma: A Journey of Hope

A WORKSHOP FOR PARENTS AND CAREGIVERS

Westside Regional Center, in partnership with Westside Family Resource and Empowerment Center, presents a workshop for parents and caregivers.

The experiences of learning about your child's diagnosis are not typically thought of as traumatic but research indicates that parents of children with special needs may be experiencing feelings and symptoms of traumatic stress. This training will expand the common definition of trauma. It will emphasize how different families define trauma and how they cope with traumatic events in family functioning.

Did you know that.....

- ♦ trauma can be anything that threatens your physical or emotional integrity?
- ♦ traumatic stress can affect your family by disrupting development, relationships, family life and caregiving in individuals with developmental disabilities?
- ♦ you can learn to recharge your own internal resources and gain resiliency?



Presented by Mayra Mendez, PhD, LMFT

Please RSVP to Ronnie Wong, Project Coordinator, to reserve your space.

ronniew@westsiderc.org or (310) 258 4047

Day:

December 3, 2015

Time:

10am—noon

Location:

**WRC
5901 Green Valley
Circle, Culver City
4th floor
Room 4A**

This training is funded by the Mental Health Services Act (MHSA) in partnership with the Department of Developmental Services.