

Trauma-Informed Parenting Workshop



Dates

- Friday, January 10, 2025
- Friday, February 21, 2025
- Friday, March 21, 2025
- Friday, April 11, 2025

**Additional 2025 dates will be added*

Time

9:00 am – 4:00 pm, with a 30-minute break allotted for lunch. Lunch is not provided.

Location

Blank Children's STAR Center
4055 Westown Parkway
West Des Moines, IA 50266

Registration

Scan QR Code here:



Or register online at

<https://www.unitypoint.org/patients-and-visitors/classes-and-events/blank-childrens>
and search "Trauma - Informed Parenting (TIP) Workshop"

Attendance

Full day attendance is required, and certification of attendance will be provided

This is a free workshop.

Overview and Purpose

The Trauma-Informed Parenting Workshop offers a holistic approach to parenting by combining in-depth knowledge of trauma's impact with practical interventions. Participants emerge with a heightened sensitivity to their child's needs, enhanced parenting skills, and a renewed commitment to creating a safe, nurturing, and resilient family environment.

Intended Audience

This workshop is intended for any parent or caregiver who interact with children who have experienced trauma or adverse childhood experiences.

Objectives

Upon completion of this workshop, participants will be able to:

1. Understand the profound impact of trauma on both children and caregivers,
2. Explore neuroscience-backed strategies aimed at navigating the complexities of parenting children with trauma.
3. Emphasize the crucial role of relational connection in the healing process, providing participants with practical interventions to enhance understanding and resilience in parent-child relationships

Continuing Education

- Approved for 6.0 hours of in-person foster parent training.
- Meets the requirement of the Iowa Board of Social Work for 6.0 hours of continuing education.