



FREE
SNACKS,
RESOURCES,
AND MORE.

Parent Workshop

Engage youth in tough conversations.

You'll learn to:

- Recognize signs of trauma.
- Acknowledge internal trauma responses.
- Support and further the philosophy to do no harm.
- Understand how healthy relationships can help increase and maintain resilience.
- Explore trauma, healing, and resilience.

Contact Cenora Akhidenor at cakhidenor@tpchd.org for questions.

Aug. 1, 2024
5–6:30 p.m.

Henry Schatz Branch of
the Boy's and Girl's
Club

3625 66th St.
Tacoma, WA 98409

Please register through
the QR code below!



tpchd.org