

“That time of year”

Learning how traumatic events can change our children and our families

When an entire community experiences a crisis every person feels the effects.

Is a child you know:

Unable to stop thinking about a scary experience, or having nightmares?

Feeling anxious, fearful, or sad?

Having outbursts or crying more?

Acting younger or regressing?”

Seeming different since the event?

This event will provide information on recognizing traumatic reactions, supporting the child (and yourself!) and what resources are available. Discussions will also address how these difficult times have affected families, and how supportive communities can help build resilience.

The Aurora Community Support Team

is offering information

sessions this summer for the Parents and Caregivers, about why these things feel the way they do, and what you can do about it.



Learn how stress and reactions can be present year round, or can worsen around the anniversary of an event.

Take home a few relaxation skills to help with stressful moments.



And...Refreshments will be provided!



Similar Youth events will be held at the same time as Parent events, for ages 12 and up.

Free Baby Sitting can be arranged with advanced notice.

RSVP or questions to 303-617-2570 or email MelissaTucker@aumhc.org

WHEN:

July 17, 10:00 am – 11:00 am (Thur.)

July 18, 6:00 pm - 7:00 pm (Fri.)

August 19, 9 :00 am - 10:00 am (Tue.)

August 23, 5:00 pm – 6:00 pm (Sat.)

WHERE:

Aurora Strong Resilience Center

1298 Peoria St.

Aurora, CO

80010

www.720recovery.org

