

## Parenting Workshop

### Program Description:

The Growth Works' Parenting Workshop teaches parents tips to help them regulate their emotions and several different communication techniques to utilize in a myriad of situations that they may be faced with. This presentation also teaches participants the definition of ACEs, how to identify their own ACEs, past and present trauma, and skills work through traumatic situations/experiences, and tips to help them to build their resilience skills.

We will also teach participants how to identify characteristics of healthy and unhealthy relationships, and actions to take if they find themselves in an unhealthy relationship or situation to get out safely: this includes creating a personalized escape plan and crisis planning tips.

### Intended Audience:

- This class will be assigned to participants through the court system and participants must follow all rules and be present for the full duration in order to receive full credit for participating.
- These training sessions would also be beneficial for school teachers, personnel, and parent groups associated with a school system.

### Key Takeaways:

- This course will teach participants what sensations and feelings participants should be aware of when they are upset and how to regulate their emotions when they begin to get upset
- Participants will learn strategies for effective communication that they can implement into everyday situations
- Understanding what trauma and ACEs are, how to determine their own, and how to grow their resilience for the future
- Learn knowledge of different protective factors they currently use and can use in future situations, how to determine the difference between healthy and unhealthy relationships
- This course will teach participants safety and crisis planning skills, and fully explain how to design and what to include in their own personal safety plan

**For additional information on this training or any other Growth Works' Training & Consulting topics, please contact Hayley Koetje at [Hayley.koetje@gwcares.org](mailto:Hayley.koetje@gwcares.org) or 734-431-8924**