



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **BUILDING A TRAUMA INFORMED HOME**

**A 12 PART SERIES**

**Are you wondering how to best support a child or youth in your life who has been through profound trauma, such as a serious illness, accident, loss, neglect or violence?**

**Building a Trauma informed home is a 12 part series with stand alone sessions that prepares those connected with children and youth to respond to challenges.**



## **WHAT IS CHILD TRAUMA?**

**Witnessing or experiencing an event that poses a real or perceived threat to the life or well-being of the child or someone close to the child.**

This series explores the challenges of caring for and supporting children and youth who have experienced trauma. There will be discussion of various topics such as communication, healthy relationships, youth advocacy and behavior management.

**Building a Trauma Informed Home is a great training for current and prospective foster parents, professionals, caregivers, family members and other connected adults of children and youth affected by trauma.**

**To register: email [parented@seattlemca.org](mailto:parented@seattlemca.org)**

**ACCELERATOR YMCA**  
909 4th Avenue, Seattle, WA 98104  
P 206 382 5000 [seattlemca.org](http://seattlemca.org)

**Everyone is welcome.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**



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# **BUILDING A TRAUMA INFORMED HOME**

## **A 12 PART SERIES**

**Unit 1: Traditional vs. therapeutic foster care and the realities of caring for behaviorally high needs children and youth**

**Unit 2: How to be a “Professional Parent”, providing a higher level of care and involvement in youth’s treatment**

**Unit 3: Tools on how to build a team around youth and advocate for their best interest**

**Unit 4: The impacts of trauma on child and adolescent development**

**Unit 5: Trauma informed skills and techniques to support youth**

**Unit 6: Building healthy relationships with trauma-affected kids**

**Unit 7: Effective communication to manage behavior and build relationship**

**Unit 8: Understanding the behaviors of children impacted by trauma**

**Unit 9: Effective strategies to promote positive behavior changes**

**Unit 10: How to teach youth life skills focusing on the child’s strength**

**Unit 11: Conflict management approaches and techniques**

**Unit 12: Understanding the cycle and stages of crisis**

Unit 1: January 27th, 2018  
Sammamish YMCA 9am- 12pm

Unit 2: February 24th, 2018  
Matt Griffin YMCA 9am- 12pm

Unit 3: March 31st, 2018  
Sammamish YMCA 9am- 12pm

Unit 4: April 28th, 2018  
Dale Turner YMCA 9am- 12pm

Unit 5: May 26th, 2018  
Matt Griffin YMCA 9am- 12pm

Unit 6: June 30th, 2018  
Location TBD

Unit 7: July 28th, 2018  
Location TBD

Unit 8: August 25th, 2018  
Location TBD

Unit 9: September 29th, 2018  
Location TBD

Unit 10: October 27th, 2018  
Location TBD

Unit 11: November 24th, 2018  
Location TBD

Unit 12: December 15th, 2018  
Location TBD

**\*Activities for children will be provided in the Kid Zone during some sessions**

**Units 1-3 are more suited to caregivers of children in the child welfare system.**

For a more detailed overview of the curriculum and to **register**, please e-mail [parented@seattleyymca.org](mailto:parented@seattleyymca.org)