



# HEALING GENERATIONS THROUGH PARENTHOOD

*Support Group for Parents, Caregivers, Kinship Guardians, and/or Foster parents*

## OVERVIEW

This support group will provide a space for parents and caregivers to develop connections and support while navigating parenthood. Weekly group sessions will take an in depth look at the impacts of trauma, toxic stress, and learning new skills to enhance parenting.

## TOPICS WILL INCLUDE:

- Parenting children who have experienced trauma
- Exploring family systems and the impact of generational trauma
- Skill development for emotional co-regulation and problem-solving
- Understanding children and their emotions
- Thinking, planning, and creating a vision for your family unit

## BENEFITS

### 1. Find Support in Community

We all heard the phrase, "It takes a village.." This group presents an opportunity for others to share space and with others who want to break cycles.

### 2. Have a Safe Space to Ask Questions

Ask questions about parenting to the group, or to the group facilitator. We are here to help.

### 3. Develop New Habits

sometimes change is hard , but going through it alone is even harder. Join our group to learn together with others.

## WHEN?

**EVERY THURSDAY  
5PM TO 6PM**

## WHERE?

**2nd Floor of River People Health  
Center, Room 2661**

## QUESTIONS? CONTACT:

**Ty'Lasha  
Yellowhair,  
LMSW, MSW, MPA**

Senior Behavioral Health  
Counselor



(480) 362-6981



[Ty'Lasha.Yellowhair@srpmic-nsn.gov](mailto:Ty'Lasha.Yellowhair@srpmic-nsn.gov)