

Trauma-Informed Parenting Workshop



Dates

- Friday, January 9, 2026
- Tuesday, January 27, 2026
- Tuesday, February 10, 2026
- Friday, February 27, 2026
- Friday, March 13, 2026
- Tuesday, March 24, 2026
- Friday, April 10, 2026
- Tuesday, April 28, 2026

**Additional 2026 dates will be added*

Time

9:00 am – 4:00 pm, with a 30-minute break allotted for lunch. Lunch is not provided.

Location

Blank Children's STAR Center
4055 Westown Parkway
West Des Moines, IA 50266

Attendance

Full day attendance is required, and certification of attendance will be provided

Registration

Scan QR Code here:



Or register online at

<https://www.unitypoint.org/patients-and-visitors/classes-and-events/blank-childrens>
and search "Trauma - Informed Parenting (TIP) Workshop"

Overview and Purpose

The Trauma-Informed Parenting Workshop offers a holistic approach to parenting by combining in-depth knowledge of trauma's impact with practical interventions.

Intended Audience

This workshop is intended for any parent or caregiver who interact with children who have experienced trauma or adverse childhood experiences.

Objectives

Upon completion of this workshop, participants will be able to:

1. Understand the profound impact of trauma on both children and caregivers,
2. Explore neuroscience-backed strategies aimed at navigating the complexities of parenting children with trauma.
3. Emphasize the crucial role of relational connection in the healing process.

Continuing Education

- Approved for 6.0 hours of in-person foster parent training.
- Meets the requirement of the Iowa Board of Social Work for 6.0 hours of continuing education.
- Approved by the Iowa Board of Nursing (Provider #31) for 5.75 continuing education hours.