**Supporting Parents with Unresolved Complex Trauma**

This training for providers covers potential caregiving challenges for individuals who have had their own past trauma, and provides strategies for self-care and enhancing the parent-child connection. This content was developed through the Complex Trauma Training Consortium.

* Participants who participate in this training will be able to:
* Describe intergenerational and historical trauma and their effects
* Discuss a range of functional and emotional challenges for caregivers with past complex trauma
* Describe role of self-regulation and co-regulation
* Discuss caregiver self-care approaches
* Describe strategies caregivers can use to enhance connection with their children

Two options for trainings:

* Monday, April 22 from 12-2PM in the meeting room at East Side Library in Des Moines
  + [Click here to RSVP for April 22nd](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flp.constantcontactpages.com%2Fev%2Freg%2F3gdn8zj%2Flp%2Ffcb222ae-3c6a-4530-96c6-636d45a0dfbf%3Fsource_id%3Dbcf4c1a1-3eda-4f93-a80d-0ad347bd689d%26source_type%3Dem%26c%3Dk3txll-lTHNZq392kr-1R3pdYA_kHDVGF-MX3zBFJkfvGl3q8RZ6ag%3D%3D&data=05%7C02%7Cjsteven2%40dhs.state.ia.us%7C410d00b7d8d24616864808dc4e7a7143%7C8d2c7b4d085a4617853638a76d19b0da%7C1%7C0%7C638471535006305322%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JPlPBiYs7cuNthkoBYAccTxvH%2BeIwFND5eP88PRfuPQ%3D&reserved=0)
* Wednesday, May 1 from 10:30AM-12:30PM in the meeting room at East Side Library in Des Moines
  + [Click here to RSVP for May 1st](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flp.constantcontactpages.com%2Fev%2Freg%2Fzrbdnu5%2Flp%2F8a8eefe1-eb2a-460f-a5e5-22f6c9fa07f2%3Fsource_id%3Dbcf4c1a1-3eda-4f93-a80d-0ad347bd689d%26source_type%3Dem%26c%3Dk3txll-lTHNZq392kr-1R3pdYA_kHDVGF-MX3zBFJkfvGl3q8RZ6ag%3D%3D&data=05%7C02%7Cjsteven2%40dhs.state.ia.us%7C410d00b7d8d24616864808dc4e7a7143%7C8d2c7b4d085a4617853638a76d19b0da%7C1%7C0%7C638471535006314746%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=o6fvqXGsGJcmlQ%2FUQLmai8whIAK1khF27e55%2BI5Ymjk%3D&reserved=0)

Trainings are offered at no cost due to the generous support from Polk County Decategorization.