

breaking the cycle



January 23 - March 13, 2026

Fridays, 6:30 - 8:00 pm

Free babysitting and dinner provided.



IMMANUEL COMMUNITY
OUTREACH ASSOCIATION
SERVING JESUS IN THE ARGENTINE COMMUNITY

3232 METROPOLITAN AVE | KC, KS 66106
ICOACKS.ORG

This 8 Week Class Will Help Attendees:

- Understand Generational Trauma
- Create Habits and Routines
- Set Limits and Ground Rules
- Deal with Family Conflict and Celebrate Success
- Learn Behavioral Techniques to Implement Action and Provide Encouragement

To Help Empower Parents

The class is designed to help and empower parents of children ages 5 to 17, enabling them to break the cycle of dysfunctional parenting that may have resulted from past trauma-induced dynamics and their impact on children's outcomes. Mrs. Silva serves as the lead parenting coach, alongside Deb Hartje, the Managing Director and Director of Faith and Youth Activities at ICOA. Together with a team of social workers and community faith leaders, they will collaborate to provide participants with the best possible experience and assistance in overcoming the cycle of trauma-induced parenting.

This 8-week parenting class was developed by Mara Silva, a restorative practitioner, victim advocate, and community advocate. It aims to fulfill a need she has consistently observed throughout her career in child welfare and human services. This class is one of the ways Mara, a member of the ICOA Board, is demonstrating her belief

that collaboration, respect, and effective communication can positively impact others.

Classes are provided free of charge through a grant from Wyandotte Health Foundation. All supplies are provided and classes will be in both English and Spanish.

For more information please call or text Mara at 913-562-8223 in English or Spanish.

To register please email ICOAkcks@gmail.com OR call/text Deb at 913-638-3894.

