

PARENTING PATHWAYS PRESENTS



# Understanding Generational Trauma

*& Practicing Emotion Regulation and  
Resilience*

A FREE COMMUNITY WORKSHOP FOR  
PARENTS & CAREGIVERS

*DONATIONS WELCOMED TO SUPPORT FUTURE EVENTS*

## Guest Speaker

## Brooke Aernouts, MA

Trauma-Engaged Early Childhood Specialist

Join us for a powerful and practical session where we'll learn:

- ✓ How generational trauma impacts parenting
- ✓ Simple, real-life tools for regulation, coping, and resilience
- ✓ Ways to understand emotional patterns
- ✓ How to break the cycle and build a better future

**Date: Saturday, June 14th    Time: 6:00-7:30PM**

**Location: Treetops Collective, 906 Division Ave S.**

**RSVP Here:** <http://bit.ly/4j7ahpu> - **Childcare Provided- Refreshments**

