



MOUNT CARMEL

A Member of Trinity Health



Trauma-Informed Limit Setting for Children

Brought to you by the Mount Carmel Crime and Trauma Assistance Program (CTAP)

In this workshop, you will:

- Understand the trauma-related responses that parents/caregivers and children experience during limit-setting situations
- Learn ways to help parents, caregivers, and professionals gain insight into their adult trauma-responses and ways to cope with this response in a healthy way
- Learn practical tips for limit-setting with children that are trauma-informed

Two Exciting Opportunities for Caregivers and Professionals

SESSION 1:

For Parents, Grandparents and Caregivers

Free Session | Accessible Parking and Bathrooms

Friday, May 15th | 10:00AM–11:00AM

In Person at the Mount Carmel Healthy Living Center
777 West State Street, Columbus, Ohio 43222

SESSION 2:

For Social Workers and Professionals

\$35 - 1.5 CE hours for Social Workers (ASWB)*

**fee is waived for Trinity Health / Mount Carmel employees*

Friday, June 12th | 11:30AM–1:00PM

Virtual Via Microsoft Teams



SCAN THE QR CODE
to sign up for **session 1**

Or visit the website below:

https://mchs.formstack.com/forms/healthy_living_center_class_registration



SCAN THE QR CODE
to sign up for **session 2**

Or visit the website below:

eventbrite.com/e/trauma-informed-limit-setting-tickets-1983971541287?aff=oddtcreator#location