

THE BREAKTHROUGH PARENTING CURRICULUM

NAVIGATING TRAUMA

ACROSS GENERATIONS



VIA ZOOM
Sept. 13 to Nov. 15
Wednesdays | Fall 2023

4–7pm

30-minute break included

The Breakthrough Parenting Curriculum: Navigating Trauma Across Generations is a 10-module course specifically designed to support parents who have been (or are at risk of being) involved with the child welfare system. It provides information for parents about the impact of trauma on themselves and their children, while offering skills, strategies and a community for understanding, healing, hope and growth.



**Compassionate
Self-Care**



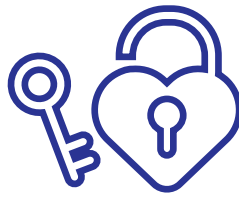
Trauma 101



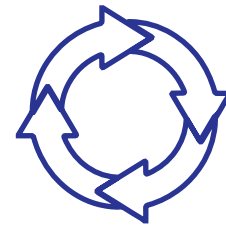
Hope & Healing



**Tuning In &
Connection**



**Trauma-Informed
Parenting Skills**



**The Impact of Trauma
on Parenting**

Resilience
through Relationships

**REGISTER
TODAY!**

bit.ly/breakthrough-23



Participants will receive a certificate of attendance for completion of the curriculum. Questions about this course? Contact Diane Lanni at diane.lanni@umassmemorial.org