**Information Sessions for Parents/Caregivers**

We are very pleased to offer Information Sessions for all of our parents throughout the year! These info sessions have been designed for parents to have an opportunity to learn more about their children’s emotional health.

Our areas of expertise are in Childhood Trauma, Childhood Anxiety, and Depression in Teenagers and adolescents. I am also Certified in Meditation and Sound Healing. We use all of the knowledge gained over the years to guide our work with children and have had a lot of positive results!

We would love to share our knowledge with you and invite you to attend these very small, intimate Info Sessions where we will host, provide you with the latest information and research on your child’s diagnosis, help you understand your child’s developing brain, offer helpful tips on how to successfully work with your child at home, and allow time for questions! Please complete a Sign-Up Sheet on a topic of interest.

***\*\*\*\*If you are interested in a topic that is not listed on this sheet, please feel free to ask. If we have expertise in this area, we will be more than happy to offer a class for you!***

Sincerely,

Daysha Phimphone LPC, CCATP, CATP

***Info Session Topics with Objectives***

1. Understanding Childhood Trauma (learn to recognize the signs of trauma, learn how the brain changes after trauma, learn how to help your child after he or she has been traumatized)
2. Recognizing Signs of Depression in Children (is my 8 year old showing signs of depression? What do I do? How can I help?)
3. Recognizing Signs of Anxiety in Younger Children and Teenagers
4. ADHD, ADD, or Trauma (the symptoms of ADHD, ADD, and trauma are often overlapping. Learn how to determine if your child is showing signs of trauma so that they are not being misdiagnosed)
5. How Your Child’s Diet Affects His/Her Emotional Health (learn how foods impact the brain. Learn how development is stunted when consuming certain foods. Learn how to encourage healthy eating)
6. Internet Safety: Shining the Light on Online Predators (learn how to keep your children safe on the internet and how predators gain access to your children through certain games and apps. This group is for parents and children. We would love the opportunity to share with your child ways to keep themselves safe while browsing the internet and while engaging with strangers on games and other apps. We have safety tips for parents and children and we will have time for children to share their experiences with online bullying. We will offer tips on how to respond appropriately and how to recognize the signs of toxic online relationships. They will recognize the signs of being lured into an inappropriate relationship with a predator or a psychologically abusive personality on the internet.
7. Parenting While Healing through Trauma, Depression, and Anxiety (learn effective ways to heal from your trauma and still parent effectively)
8. Connecting with My Child/Children (learn ways to bond with your children even as they are struggling emotionally. Learn effective ways to attend to your own emotional health and still be able to be present for your children. Learn how to identify your child’s emotional needs, learn your child’s love language and have open communication at home)

\*\*\*\*If you are interested in a topic that is not listed on this sheet, please feel free to ask. If I have expertise in this area, I will be more than happy to offer a class for you!

**Sign Up Sheet**

Parent/Caregiver Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Child’s Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_

***Please place a checkmark next to an area of interest and leave at the front desk***. Dates for these info sessions will be released once feedback is given on what topics will be presented first. ***Feel free to ask about a topic you do not see listed here.***

**Topics**

Understanding Childhood Trauma

Recognizing Signs of Depression in Children

Recognizing Signs of Anxiety in Younger Children and Teenagers

ADHD, ADD, or Trauma

How Your Child’s Diet Affects His/Her Emotional Health

Internet Safety: Shining the Light on Online Predators

Parenting While Healing through Trauma, Depression, and Anxiety

Connecting with My Child/Children

Sincerely,

Daysha Phimphone LPC,CCATP,CATP