



# CAREGIVER SUPPORT GROUP

Project Harmony Child Advocacy Center is offering a 9 week Caregiver Support Group to provide empowerment, connection, and education for caregivers of children who have experienced sexual abuse and trauma.

## Topics covered, but not limited to:

- Understanding Trauma and its Effect on Children
- How Trauma Affects Families
- Coping and Communication
- Parenting Challenges after Child has been exposed to Trauma
- Self-awareness and Self-Care

## **To register:**

<https://forms.gle/MmrJAz5JNiyqpkSq5> or email

[caregiversupportgrpshared@projectharmony.com](mailto:caregiversupportgrpshared@projectharmony.com) to receive the link via email



11949 Q Street  
402-595-1326  
info@projectharmony.com  
[projectharmony.com](http://projectharmony.com)

A PLACE FOR:

HEALING

GROWING

LEARNING

- Hosted via Zoom
- No Cost
- Weekly gift card drawings

## **2022 Schedule**

Time: 6:00 p.m. - 7:30 p.m.

- Thursday, March 3<sup>rd</sup>
- Thursday, March 10<sup>th</sup>
- Thursday, March 17<sup>th</sup>
- Thursday, March 24<sup>th</sup>
- Thursday, March 31<sup>st</sup>
- Thursday, April 7<sup>th</sup>
- Thursday, April 14<sup>th</sup>
- Thursday, April 21<sup>st</sup>
- Thursday, April 28<sup>th</sup>