



Resilient Parent A Short Trauma Informed Course



Course Overview



An introductory programme that helps parents understand resilience, recognise trauma responses, and build practical strategies to support themselves and their children.

We will cover



- Understanding resilience in parenting
- Trauma awareness for parents
- Building everyday resilience at home
- Support, community and moving forward

At Trimsaran Early Years centre

Every Monday from 8th June - 20th July

9:15am-11:15am

To book onto the course please contact Eleri

ejcaine@carmarthenshire.gov.uk

Or text/call
07971695432

