

# Healing Generations Through Parenthood

Tuesdays, 5:30pm – 7:00pm



## Overview

This support group will provide a space for parents and caregivers to develop connections and support while navigating parenthood. Weekly group sessions will take an in depth look at the impacts of trauma, toxic stress, and learning new skills to enhance parenting.

## Topics Will Include:

- Parenting children who have experienced trauma
- Exploring family systems and the impact of generational trauma
- Skill development for emotional co-regulation and problem-solving
- Understanding children and their emotions
- Thinking, planning, and creating a vision for your family unit

**When:** Tuesdays, 5:30pm – 7:00pm

**Where:** River People Health Center, 3rd Floor, RM #3103

### For more info and to sign up:

Call or email Ty'Lesha Yellowhair, LMSW, MSW, MPA  
Senior Health Counselor

**480.362.6981 • [Ty'Lesha.Yellowhair@srpmic-nsn.gov](mailto:Ty'Lesha.Yellowhair@srpmic-nsn.gov)**

### WHAT HAPPENED TO YOU?

CONVERSATIONS ON TRAUMA,  
RESILIENCE, AND HEALING



BRUCE D. PERRY, MD, PhD  
OPRAH WINFREY

### Caregiver Book Discussion: *What Happened to You* by Dr. Bruce Perry

Caregivers of Native children are invited to read and engage in discussions about the book *What Happened to You* by Dr. Bruce Perry.

- The group discussions are designed to focus on parenting and the journey of navigating trauma.
- Parents are encouraged to ask questions, engage in conversations, and foster a sense of community.



Health & Human Services

