



WHAT

Caregiver/Parent Support Group

WHEN

**Begins February 21, 2019
Every Thursday for 8 weeks
Closed Group
6 PM—7:15 PM**

WHERE

**Empower Yolo
175 Walnut Street
Woodland, CA 95695**

FOR MORE INFO

**Contact Lisa Young at
lisa@empoweryolo.org**

**EMPOWER
YOLO**

Promoting safe, healthy & resilient communities

**FOR THOSE
WHOSE CHILDREN
HAVE
EXPERIENCED
SEXUAL TRAUMA**

**LEARN COPING
AND STRESS
RELIEF
STRATEGIES**

**UNDERSTAND
YOUR TEENS
BEHAVIORS**

**RECOGNIZE YOUR
OWN
REACTIONS**

**LEARN HOW TO
HELP YOUR TEEN
YOURSELF**

**GIVE SUPPORT
AND GET
SUPPORT**



WHAT

Teen Sexual Trauma Support Group

WHEN

**Begins February 21, 2019
Every Thursday for 8 weeks
Closed Group
6 PM—7:15PM**

WHERE

**Empower Yolo
175 Walnut Street
Woodland, CA 95695**

FOR MORE INFO AND TO REGISTER

**Contact Elaine Johnson at
elaine@empoweryolo.org or
916-583-8007**

**EMPOWER
YOLO**

Promoting safe, healthy & resilient communities

**LEARN COPING
AND SELF-CARE
STRATEGIES**

**LEARN ABOUT
THE EFFECTS OF
TRAUMA AND
HOW THEY
IMPACT YOUR
FEELINGS**

**LEARN ABOUT
SETTING AND
MAINTAINING
BOUNDARIES**

**DISCOVER
TOOLS FOR
HEALTHY
RELATIONSHIPS**

**ALL IN A SAFE &
SUPPORTIVE
ENVIRONMENT**