

Trauma Informed

Caregiving Group

Working Together for Effective and Attuned Caregiving

Facilitators: Alyssa Brelsford, LICSW and Elise Marraro

Contact: 617-232-1303x2038 or abrelsford@jri.org

When: Every Friday 12:00pm-1:00pm, start date is March 20th

Location: The Trauma Center, 1269 Beacon Street, Brookline MA 02446

Cost: Provided free of cost with the support of grant funding from VOCA (Victims of Crime Act)



Description: Many families find it helpful to join a parenting support group to learn new skills, gather information and both provide and receive aid from those in similar situations. This group will explore ways that developmental/emotional trauma may have impacted your child's attachment and regulation. We will learn and practice skills that foster your confidence as an effective parent. Additionally, there will be opportunities to receive emotional support; ideas and strategies from other parents facing similar parenting experiences. We will utilize a variety of evidence and strengths based resources including ARC, SMART, TF-CBT, PCIT, The Whole Brain Child, No Drama Discipline, Trauma Systems Therapy etc.

To Join: All those who are interested are invited to partake in our screening process. For more information or to start the process please contact Alyssa Brelsford, LICSW at 617-232-1303x2038, abrelsford@jri.org