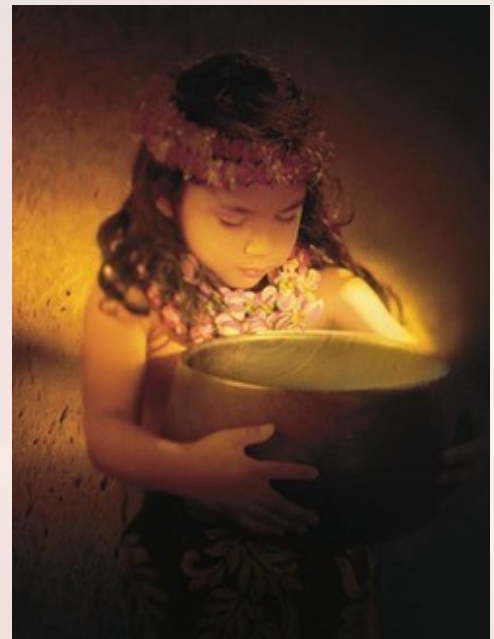


Parenting Skills Group: Caregiving after Trauma

Since ancient times the Hawaiians have believed that each keiki is born with a bowl of light. This bowl represents your truest identity. When you malama this light, it will grow in strength and health. A child will grow in knowledge and ability.

However, difficult life events and how they are processed can create a "stone." Each time a stone is dropped into your bowl, it blocks some of the light. The stone and the light cannot hold the same space.

Over 6 weeks, this group provides **parents/caregivers** skills to support their keiki in uncovering their light, even during or after traumatic events.



East Hawaii
Family Guidance
Center
Via ZOOM

6 weeks
Thursdays
3:30– 4:30 pm
January 6, 2022

FREE!
Call or email
808-425-3955
alexandria.king.intern
@doh.hawaii.gov

Parents/
Caregivers of
Keiki in grades
K-6th