

FREE



skills group for parents

CAREGIVING AFTER

begins Feb 29 via Zoom

TRAUMA

Since ancient times, Hawaiians believed that each keiki is born with a bowl of light. This bowl represents your truest identity. When you mālama 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 stone is dropped into your bowl blocks some of their wonderful light.

Over 6 weeks, this group provides skills to support keiki in uncovering their light, especially during or after trauma.

WHO

caregivers of keiki
ages 12 or younger

WHAT

1-hour virtual group
for 6 weeks

WHEN

Thursdays 3:30–4:30 PM

to sign up, complete this form:

tinyurl.com/CaregivingAfterTrauma

DOH.CAMHD.groups@doh.hawaii.gov | 808-861-2755