Resilient Families Group
Veterans Health and Trauma Clinic

Join us for a multi-phase group for both parents/caregivers and their teens who want to learn more about ways to build family resilience after experiencing trauma. Topics include:

- Resiliency and characteristics of resilient families
- Trauma and its impact on families, parenting, and teen development
- Emotions and how to manage them
- Parenting skills
- Communication skills
- Boundaries and privacy in families
- Characteristics of healthy families

Parent and Teen groups will meet separately.

The group will take place in 3 phases:

- **Phase 1**: Learning about topics
- **Phase 2**: Discussing these topics as applied to your family
- **Phase 3**: Integrating skills into daily life

Are you:
- A parent/caregiver of a teen ages 12-19?
- Someone or partner to someone who has experienced a traumatic event?
- Interested in improving your relationship with your teen?

Contact the Veterans Health and Trauma Clinic at 719-255-8003 for more information about the Resilient Families Group.