



Support Tools & Education for Parents

BOOK CLUB

What Happened to You? Conversations on Trauma, Resilience, and Healing

by Bruce D. Perry, MD, PhD & Oprah Winfrey

- An opportunity to shift our approach to and understanding of trauma in children and in ourselves in order to open the door to resilience and healing
- An opportunity to make new parent/caregiver connections

ENROLL IN FREE SESSIONS IN 2026

The book and study guide are provided.

Certificates provided for foster care license renewal.

SERIES 1 IN-PERSON Tuesdays 9:30-11:30am		SERIES 2 IN-PERSON Thursdays 9:30-11:30 am		SERIES 3 IN-PERSON Thursdays 9:30-11:30 a.m.		SERIES 4 IN-PERSON Thursdays 5:30-7:30 pm	
JANUARY	20	APRIL	16	JULY	16	JULY	16
	27		23		23		23
FEBRUARY	3		30		30		30
	10	MAY	7	AUGUST	6	AUGUST	6
	17		14		13		13
	24		21		20		20
MARCH	3		28		27		27
	10	JUNE	4	SEPTEMBER	3	SEPTEMBER	3
	17		11		10		10
	24		18		17		17
	31		25		24		24
22 HOURS		22 HOURS		22 HOURS		22 HOURS	
NO CHILDCARE		NO CHILDCARE		NO CHILDCARE		LIMITED CHILDCARE Ages 2-12	
Sessions meet at 2329 E. Ajo Way		Sessions meet at 2329 E. Ajo Way		Sessions meet at 2329 E. Ajo Way		Sessions meet at 2329 E. Ajo Way	

Each session includes icebreakers, chapter reflections, trauma-informed parenting approaches, and how the five Protective Factors strengthen families. Video clips and small-group activities enhance main ideas from each chapter. **Please check your calendar to ensure that you can attend all sessions.** Sharing this experience with others over 11 weeks adds so much to the learning... and we have seen new connections made along the way!

To enroll, contact Anna Loebe, Ed. D. at aloebe@soazadvocacy.org or 520-724-5448

To learn more about the Children's Advocacy Center of Southern Arizona, please visit: www.cacsoaz.org