

EMPOWERING PARENTS

JP Training and Consulting Services



RAINDROPS TO RAINBOWS

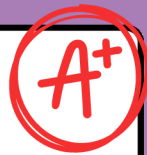
A Trauma-Informed Parenting Class: Empowering caregivers with tools for connection, healing, and child development.

SESSION 1

Understanding Child

Development & Brain Growth

- Milestones in physical, emotional, and social development
- How early experiences shape behavior and learning
- Trust-based parenting and protective factors



SESSION 2

Navigating Stress, Trauma & Recovery

- How adversity affects children's development
- Recognizing emotional distress and supporting healing
- Creating safe, nurturing environments during transitions



SESSION 3

Separation, Loss & Emotional Safety

- Helping children cope with separation and change
- Trauma-informed caregiving and emotional regulation
- Maintaining connection through communication and routine



SESSION 4

Building Resilience Through Play & Communication

- The power of play in emotional growth
- Managing stress and anger for adults and children
- Strengthening family bonds through empathy and trust



AVAILABLE FORMATS

- In-person or virtual sessions
- Community workshops
- School or agency partnerships
- Customizable for bilingual and culturally responsive audiences



LET'S CONNECT

To host a class, partner with our team, or learn more:

✉ japerezconsult@aol.com

🌐 www.garrisonandfriends.com

📍 Based in San Antonio, TX — available for regional and virtual delivery

