

RESPITE

RESOURCES, EDUCATION, SUPPORT for PARENTS |
INTERVENTIONS for TRAUMA-SENSITIVE ENVIRONMENTS

JULY 2018

Book Club | The Deepest Well

Wednesdays, July 11, 18, 25 & August 1 | 7-9pm | OC United 436 Classroom

Join us for a 4-week book club reading through “*The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*” by Dr. Nadine Burke Harris. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in *The Deepest Well* will represent vitally important hope for preventing lifelong illness for those we love and for generations to come.

Register at: ocunited.org/what-we-do/fostercare/respite/bookclub

Grief and Loss for Children | Parenting Class

Tuesday, July 17 | 6-8pm | OC United, 436 Commonwealth Ave, Fullerton

We all experience the loss of something or someone dear and the grief that follows can seem unbearable. Grief and loss are normal life processes and, by understanding the stages of grief, parents can help their children mourn a loss such as a separation from family.

Register at: scfkce@saddleback.edu or (949) 582-4884

Understanding ACEs & Building Self-Healing Communities | Workshop

Thursday, July 19 | 6:30-8:30pm | Saddleback Anaheim 2095 E Katella Ave, Anaheim

This presentation provides information about the ACE (Adverse Childhood Experiences) study, along with neurobiology that explains why ACEs impact people’s lives, and what we can all do to dramatically improve health and resilience for this and future generations.

To register, contact Renae renaed@ocunited.org

ONGOING

Dude’s Night Out | Wellness & Community

Last Wednesday of each month | 6:30-8:30pm | Burger Parlor, Fullerton, CA

RESPITE Education & Support Group for Parents of Kids from Hard Places

2nd & 4th Sundays of each month | 2-3:30pm | OC United

Childcare available with registration. Contact Renae renaed@ocunited.org

FOR INFORMATION & RESOURCES

Renae M. Dupuis, Trauma Specialist & Program Director
renaed@ocunited.org | (714) 515-3094

OC United | 418 W. Commonwealth Ave | Fullerton, CA

AUGUST 2018

Working with the Education System | Parenting Class

Thursday, August 2 | 6-8pm | OC United, 436 Commonwealth Ave, Fullerton

This class is focusing on the educational issues of the child and the family within the education system and the school environment. Topics will include: IEP’s, Section 504’s, how to initiate assessments for behavior/ learning problems, maintaining comprehensive files, meeting with school administrators, psychologist, and teachers and the parents/ guardian’s rights in these meetings.

Register at: scfkce@saddleback.edu or (949) 582-4884

TBRI® & Trauma-Informed Classrooms Simulcast

Tuesday, August 7 | 7am-2pm | OC United 436 Classroom

TBRI® & Trauma-Informed Classrooms is a 1-day seminar designed to equip educators to help children from ‘hard places’ of abuse, neglect, and/or trauma. Join us before the start of the school year to learn how to disarm fear, optimize learning, and facilitate healing for vulnerable children in the classroom.

Register at: www.ocunited.org/respite

RESPITE Conference

Saturday, August 11 | 9am-6pm | EV Free Fullerton

Join us for our first Trauma-Informed Communities Conference! Learn more about the impacts of trauma through an informative and interactive day of training with education, resources, and tools that will equip you and your environment to serve the most vulnerable among us. \$10 donation/person requested. Scholarships avail.

Register at: www.ocunited.org/respiteconf

Empowered to Connect Parent Training : Connect Course

Weds, Aug22, 29, Sep 5, 12, 19, Oct 3, 10, 17, 24 | 6:30-8:30pm | OC United

An interactive learning experience specifically for adoptive and foster parents, based on TBRI principles. (May be audited by Social Workers, Ministry Workers, Agency Members, Teachers, Pastors, & Childcare workers).

Childcare available with early registration: Register at: www.ocunited.org/respite

⇒ Connect with our online Facebook Community at:
www.facebook.com/groups/RESPITE.OCUnited