



Real-World Parenting Series

FREE
parenting videos
and Q&A presented
via Facebook
and Zoom

January's Topic of the Month: Childhood Trauma

Adults work hard to keep kids safe, but events like accidents, violence and unexpected loss of loved ones still happen. Even everyday events like these can traumatize children. In January, Travis Freed, LMLP, will offer real-world information and advice on what trauma is, what it looks like in children and how parents can help.

- The first three Thursdays of each month, FSGC will post short videos about the Parenting Topic of the Month to our Facebook page (www.facebook.com/FSGCtopeka). The videos will offer practical, real-world parenting tips and advice.
- On Thursday, January 27, you'll have the chance to ask an FSGC professional your questions about the Topic of the Month in a live Q&A session via Zoom. We'll also answer pre-submitted questions at that time. Live Q&A sessions will run from 6:30:7:30 p.m. CST.

To get the Zoom link for the live Q&A and to submit your questions, go to **FSGCtopeka.com/parenting**. Scroll down to Real-World Parenting Series and click the "Register Here" link under the Topic of the Month.

Spots for the Q&A session are limited – first-come, first-served.

Registrants will receive a link to the live Q&A via e-mail by 5 p.m. CT the day of the Q&A.

- **Follow us on Facebook (facebook.com/FSGCtopeka).**
- **Register at FSGCtopeka.com/parenting.**



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