



Facilitating Attachment in Children Training (FACT)

FACT is a five week parenting course that will empower caregivers with effective techniques to improve relationships with their challenging children. The goal is for caregivers to learn new parenting techniques to increase the love and laughter in their daily lives.

FACT Class Overview

Class One:

- Attachment and Trauma 101

Class Two:

- Calming the Storm: Balancing the Brain through Mindfulness

Class Three:

- Responding with Attunement: Looking Beyond the Behaviors

Class Four :

- Boundaries and Consequences with Love and Empathy

Class Five:

- Strengthening Attachment through Play and Fun

Activities: Parents will participate in a host of activities designed to facilitate communication, interaction, compassion, trust, and empathy. Activities will be led by licensed professionals, with expertise in adoption, trauma resolution, and attachment.

As a parent, what will I learn?

FACT is designed to assist parents in:

- Identifying the root of their children's misbehaviors.
- Learning effective methods to calm reactive and misbehaving children.
- Strengthening parent-child bonds.
- Identifying the impact of past trauma on the parent-child relationship.
- Healing the hurt child through attunement, nurturing messages, and comforting touch.
- Facilitating attunement between caregivers and children.

Cost: \$120 per couple, \$ 80 for individual

Checks payable to:

*Please mail this form along with a check to:
Attachment and Trauma Center of Nebraska
12822 Augusta Ave Omaha NE, 68144

Name (s):

Address:

Phone:

Email:

Session Selection:

Questions? Please call The Attachment and Trauma Center of Nebraska at 403-0190
*If paying by credit card please call the number above.

In order to help us get to know your child(ren) and you, please complete the information below:

Ages of your child(ren):

Please tell us anything that might be helpful to better understand your child(ren)'s situation:



THE ATTACHMENT
AND TRAUMA CENTER
OF NEBRASKA

Facilitating Attachment in Children Training

(FACT)

A five week parenting course providing an opportunity for caregivers to learn together and strengthen family bonds.

Class Dates

Late Spring Session: April 28, May 5,
12, 19, June 2

Summer Session: June 23, 30, July 7,
14, 21

9AM-11AM

Location

The Attachment and Trauma Center of
Nebraska

12822 Augusta Ave. Omaha NE

(129th & West Center Road)