



Montgomery County Women's Center

Caregiver's Circle

Are you caring for a child or family member who has experienced domestic violence or sexual abuse?

Join our Caregiver Circle, a supportive and trauma-informed group for non-offending caregivers. Together, we will explore:

- ✓ Understanding trauma and its impact on children
 - ✓ Building safety, trust, and connection
- ✓ Supporting emotional regulation and healing
- ✓ Managing caregiver stress and self-care
- ✓ Strengthening protective parenting skills
- ✓ Connecting with others who understand

Open to all non-offending caregivers, including mothers, fathers, grandparents, guardians, and other supportive caregivers.

**Every Monday 6pm-8pm
1600 Lake Front Circle Suite 130
The Woodlands, Texas 77380
United Way Building**

Free of charge • Confidential • Trauma-Informed

Call to Register: 936-441-4044 Ext 23

MCWC

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