

Supporting Children and Youth through Challenging Times and Difficult Beginnings

A virtual series on the first Wednesday of each month!

Wednesday
Nov 2nd
2:45 – 5pm

Parents — Tame Your Triggers

Build your inner solid,
steady and secure base
to heal yourself
and your hurting child



Presented by
Ce Eshelman, LMFT

Children from difficult beginnings can pull to the surface past negative experiences of their parents. These triggers make us vulnerable to feeling out of control and unstable in our parenting lives. When we acknowledge our own big “T” and small “t” trauma, we parents can begin the journey of healing ourselves and our children.



Register at: https://www.surveymonkey.com/r/CE_2022-23

For registration assistance by phone, call 530.918.7222

Ce Eshelman, LMFT, is an Attachment and Trauma Specialist and adoptive mom with a private practice, **The Attach Place**, in Sacramento. She is the facilitator of **The Love Matters Parenting Society**, an online annual membership for becoming great therapeutic parents while thriving at the same time. ce@attachplace.com

