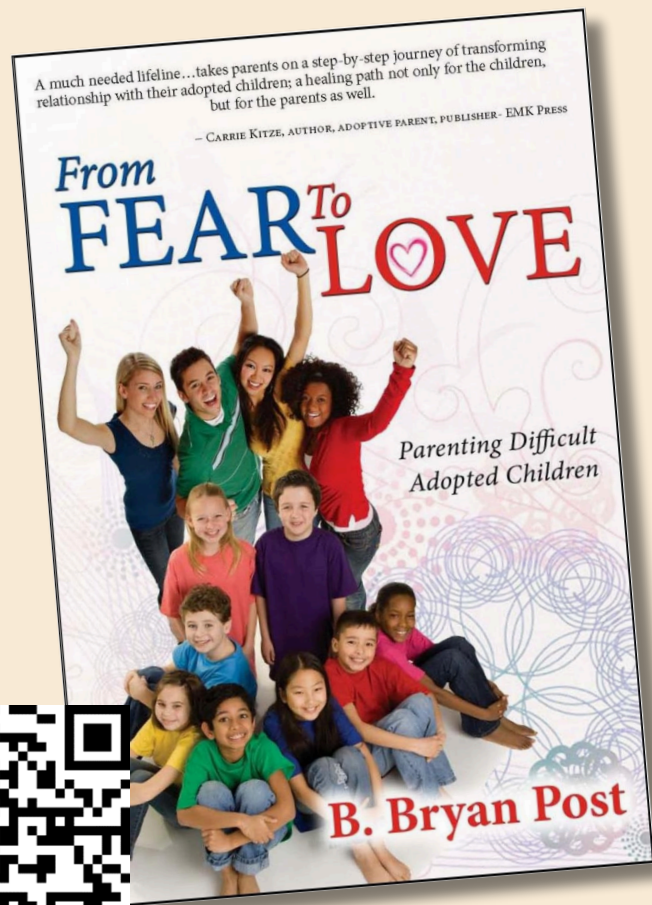


Participants will receive a copy of Dr. Post's book as well as its companion Workbook.

For Parents, Relative Caregivers, Adoptive Parents and all who work with and care for children and youth.



Family Learning and Support Group

Based on the book *From Fear to Love* by national trauma and parenting expert Bryan Post, DSW

Facilitated by

Lori Keyser-Boswell

Lori has earned a BA in Psychology and a Masters of Divinity Studies. She is an adoptive parent and currently studying with Dr. Post to obtain her credential as a *Fear to Love* parenting coach. Lori continues to lead a faith community as well as being Chaplain for Madrone Hospice and is a former Program Manager of the Court Appointed Special Advocates (CASA) program for Youth Empowerment Siskiyou.



Thursdays
July 10 - September 4
5:30 - 7:30pm

Mt. Zion Lutheran Church
825 Knapp Street, Yreka

Register here or call
530.918.7222
to register by phone.

A family dinner and child care are included. No cost to participants.

Our group will read *From Fear to Love* by Bryan Post, a transformative guide that explores how to build connection and trust with children who have experienced trauma. Rooted in principles of love, empathy, and neuroscience, the goal is to engage in thoughtful conversations about shifting from fear-based parenting strategies to approaches that nurture healing and emotional regulation. Each session offers a supportive space for participants to reflect on the challenges and breakthroughs in their own relationships, while deepening their understanding of trauma-informed care and the power of unconditional love.

Dr. Post's groundbreaking book was originally written with parents of adopted children in mind but its principles offer a new paradigm for any parent.

