

Caregiving Through Connections



Caregiving Through Connections is a free 16-week parental reflection program to support mothers and their children who have experienced trauma or violence.

What does the Caregiving Through Connections program offer?

- A safe and non-judgmental space to learn and explore the links between early trauma and its impacts on attachment, parenting and child development.
 - Group and Individual experiences that honour the wisdom of mothers and safely explore and reflect on new ways to look at parenting and attachment.
 - Opportunity to build healthy relationships and connections with other mothers.
 - Support in starting the journey towards healing our past.
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We invite you to join in a journey of Discovery and Growth
