

Soul Guardians

Soul Guardians is a 7-week psychoeducational group for the foster parents, adoptive parents and kinship care providers to children who have experienced developmental trauma (trauma that is experienced with the child and their primary caregiver whom is often the biological parent).

Soul Guardians aims to educate, support and build skills for these caregivers as children who have experienced developmental trauma often present with challenging issues and behaviors because of their early life experiences.

The goals of this group is as follows:

- To equip the participants with a sound knowledge base of child development and attachment within the context of developmental trauma.
- To offer support in the context of a group setting.
- To assist in skill development as a path to enhance healthy attachment and promote children's healing and recovery.
- To strengthen the relationship between the children and their caregivers.

Soul Guardians session topics are:

Session 1: Exploring the Role of Caregiving

Session 2: Understanding Trauma

Session 3: Nurturing Children

Session 4: Positive Communication

Session 5: Emotional Attunement and Positive Relationship Tools

Session 6: Relationship with Natural Families

Session 7: Navigating the Systems, Resiliency, and Group Wrap-Up

What is Soul Guardians Like?

Soul Guardians is led by 2 – 3 therapists (social workers and/or psychologists) with expertise in trauma and mental health issues. Group consists of 10 – 15 participants who will have an opportunity to learn and be supported by one another.