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Sooner SUCCESS, DSACO and Sunbeam Family Services will host a free community workshop on how to talk to children about natural disasters, specifically the tornadoes that have affected our community.

On Tuesday, July 16th, we will offer “Understanding the Impact of Natural Disasters on Children” from 6:00 to 7:00 PM at Antioch Christian Church which is located at 3616 SW 119th St. in Oklahoma City.

Parents, teachers, and other community members are invited to participate in the workshop, which will explore how children perceive disasters, common reactions in children to disasters, what happens in our brains after a disaster, simple strategies to calm your child’s fears after a natural disaster and how to discuss this disaster or any trauma with kids.

“Even if you were not directly affected by a loss after the tornado, families and children are likely feeling the stress of this disaster,” says Traci Bartley Young, Sunbeam’s Mental Health Coordinator. “We wanted to offer a chance to parents and caregivers to come and connect with other parents and professionals in the community to get some ideas about how to best help the children in their lives at this trying time.”

Space for this free workshop is limited, so please visit [www.copingworkshop.eventbrite.com](http://www.copingworkshop.eventbrite.com) or call 405-306-3966 for more information.

Childcare will be available for families with children with special needs and their siblings, please RSVP by emailing [p2psouth@dsaco.org](mailto:p2psouth@dsaco.org) or calling 405-698-0090 and giving them number of children requiring childcare services.

We will also have a limited number of tornado relief bags for families in attendance.

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Kerri Brooks