

Utah Valley Trauma Sensitivity Initiative

February
2015
Listserv



[Crisis Respite Nursery](#)
[Parenting Program](#)
[Therapy](#)
[Prevention Education](#)
[Adoption Respite](#)

Additional RESOURCES



Do you ever wonder why your kids struggle with self control?

Learn how the **brain** plays a part and how you can help them better self-regulate at [the Center for the Developing Child](#).



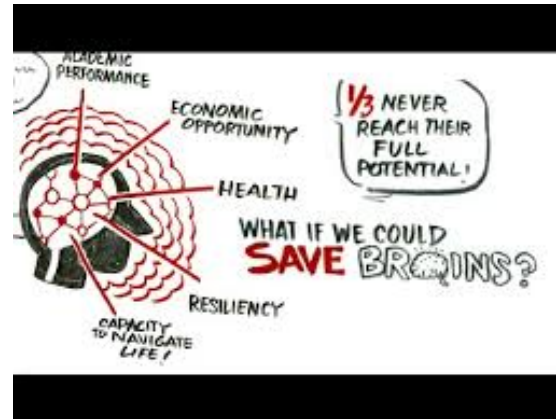
OR



Use this [interactive module](#) to learn what studies of **rats** have taught us about how stress can affect our genes.



Saving Brains: A Grand Challenge



did you know?

Nearly 1 million children may be currently misdiagnosed with ADHD when they're actually suffering from post-traumatic stress disorder.

[Read more about it in The Atlantic.](#)

Upcoming Events:

Parent class: Stress Sensitivity

February 17

6:00 - 7:30PM

1255 N 1200 W, Orem

Learn how life stressors affect your kids and how you can better help them.

Call us to enroll!
(801) 229-1181



If your child gets defensive when you question them, try this instead: *"I wonder if you're [mad, sad, etc.] because you're upset that [something happened]."* Saying "I wonder..." invites a response without the directness of a question and will cause less defensiveness.



Need help finding help?

Try [United Way 2-1-1](#)

LEARN MORE

Find the Family Support & Treatment Center at [our website](#), [Facebook](#) or (801) 229-1181