The Science of Resilience
Center on the Developing Child

ACEs are NOT destiny!

Read about the study that shows how one trauma-sensitive school taught resilience to its students and overcame the stigma of negative outcomes for youth affected by ACEs.

Does your child struggle to calm down after they’ve been riled up?

Regulating ourselves through breathing exercises helps to control emotions and actions. Practice these techniques with your child when they’re calm, and then apply them when they’re upset.

Find the Family Support & Treatment Center at our website, on Facebook or by calling (801) 229-1181