

Utah Valley Trauma Sensitivity Initiative

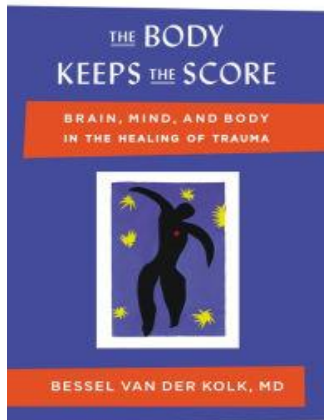
October
2015
Listserv



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

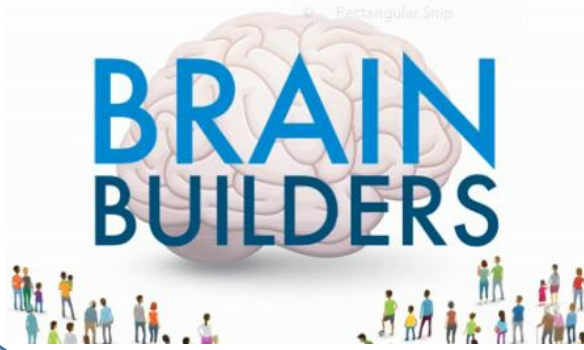
Additional Resources

“Bessel van der Kolk’s *The Body Keeps the Score . . .* draws on thirty years of experience to argue powerfully that trauma is one of the West’s most urgent public health issues. . . .Packed with science and human stories, the book is an intense read.” *New Scientist*



Video

How des the brain develop? This *new 5 min. video* is for everyone who *wants to promote wellness and learning in children and adults.*



Free Class

Parenting Kids Through Stress & Adversity

Tues. October 20
6:00pm – 8:00pm

Call 801-229-1181 to enroll! Limited space available.

News

A new documentary, *PaperTigers*, about an alternative school in Washington state examines the inspiring promise of Trauma Informed Communities - a movement that is showing great promise in healing youth struggling with the dark legacy of Adverse Childhood Experiences (ACES).

Watch the trailer for *Paper Tigers*:



Next time your child/student refuses your guidance and you find yourself about to blurt out a threat, try one of these **Problem Solving Alternatives** instead .

[*Read more.*](#)

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Additional Resources

Early experiences matter.

On this [podcast](#) Dr. Ross Thompson describes how early emotional development unfolds and how parents can nurture it.

Check out more early childhood information at this site:



Video

TEDx tells how [identifying a student's mood](#) can change their experience in your classroom



Did you know?

There are therapeutic ways to improve executive function (EF) in children. [Read about how EF develops in children](#), what EF difficulties look like, and what creative and effective interventions can meet their needs.



News

Trauma-sensitive Yoga Workshop

Friday, September 25th
8:30 -5:30
75 South 200 East, SLC

For clinicians, educators, healthcare providers, yoga teachers, and anyone interested in learning more practical skills for self-care and healing trauma.

Space is limited!

Stress Sensitivity Class

September 15, 2015
6:00pm - 8:00pm
Call to enroll!

Have you liked us on Facebook? [Visit our page!](#)



Take a breath. “Deep breathing is good for your physical and mental health. It decreases stress, decreases the heart rate and reduces the amount of carbon dioxide and stress-related chemicals in the bloodstream. . .”

[Read more](#)

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Additional Resources

Want ideas for a stress-sensitive classroom?

The [Heart of Learning and Teaching manual](#) can give you ideas on ways to support students this coming school year.

Interested in more information on adverse childhood experiences? [Join the ACEs Connection](#) to get regular updates.

Video

[Every kid needs a champion](#)
View this TED talk by an educator about the power of relationships



Did you know?

Tools have been created to help your kids develop resilience.

Visit the [Children's Resilience Initiative](#) to view playing cards, games and other strategies and products to assist with teaching resilience to children.

News

Supporting Student Resiliency in Trauma-Sensitive Schools

September 11th
8:00-4:00
Living Planet Aquarium
[Register here](#)

Stress Sensitivity Class

August 25th
6:00pm - 8:00pm
1255 N 1200 W, Orem
Call to enroll!!

Have you liked us on Facebook? [Visit our page!](#)



Self compassion can make a huge difference in how children respond to you as a role model in their life. It can also change the child's outlook. Read this [article from Berkeley University](#) on how mindfulness and self compassion can help your skills as a care giver.