"There is a cost to caring." - Charles Figley
If you work with traumatized kids you’re vulnerable to the effects of trauma. Compassion fatigue or secondary trauma is being physically, mentally, or emotionally worn out, or feeling overwhelmed by student trauma. Click here 6 Things You Can Do About Compassion Fatigue from nctsn.org

10 Things About Childhood Trauma Every Teacher Needs to Know
1. Kids who have experienced trauma aren’t trying to push your buttons.
2. Kids who have been through trauma worry about what’s going to happen next.
3. Even if the situation doesn’t seem that bad to you, it’s how the child feels that matters.
4. Trauma isn’t always associated with violence.
5. You don’t need to know exactly what caused the trauma to be able to help.
6. Kids who experience trauma need to feel they’re good at something and can influence the world.
7. There’s a direct connection between stress and learning.
Click here to read more at weareteachers.com

Self-care

Paying attention
On purpose
In the present moment
Without judgment

Click here for a free self-assessment of your professional quality of life.
Click here for a pocket card with 10 daily tips for self-care.

FREE CLASS

WHAT: Parent Class
DATE: Tues. March 15th
TIME: 6 to 7:30 pm
PLACE: 1255 N. 1200 W, Orem
Call 801.229.1181 to register

Like us on Facebook https://www.facebook.com/utahvalleytraumainitiative.org and share how you practice mindfulness with children. What works in the classroom? What works at home?

Find the Utah Valley Trauma Sensitivity Initiative on Facebook or by calling Pam at (801) 229-1181
Is your child struggling?

Adversity they’ve experienced:
- divorce
- illness
- death
- trauma
- addiction
- money
- poverty
- violence
- abuse
- neglect
- incarceration

Behaviors they’re struggling with:
- robotic
- defiant
- aggressive
- numb
- volatile
- self-harm
- withdrawn

FREE STRESS SENSITIVITY CLASS

Recurring every 3rd Tues. of each month
Learn the biology of toxic stress and how to identify and respond to a child’s stress response.
Learn how to foster social, emotional and academic development

Tues. Mar. 15th – 6:00 to 7:30 PM
1255 N 1200 W Orem, UT

Space is limited!
Contact Pam to reserve your spot or ask questions:
PAM@utahvalleyfamilysupport.org
(801) 229-1181