

# Utah Valley Trauma Sensitivity Initiative

April  
2016  
Listserv



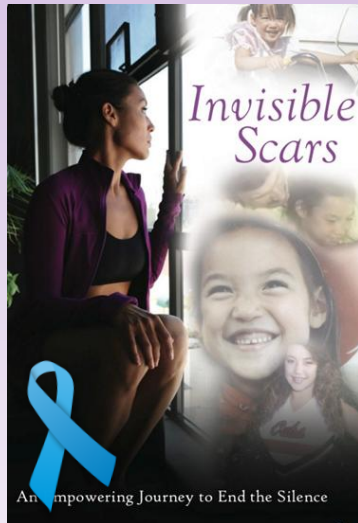
Crisis Respite Nursery  
Therapy  
Parenting Program  
Prevention Education  
Adoption Respite



**APRIL** is  
National Child  
Abuse  
Prevention  
Month

Click [HERE](#) for TIP SHEETS  
[Keeping Your Family Strong](#)  
[Making Healthy Connections](#)  
[With Your Family](#)  
[Feeding Your Family](#)  
[Preventing Child Sexual Abuse](#)  
[Managing Stress](#)  
[Managing Your Finances](#)  
[Helping Your Child Heal From Trauma](#) and more

## NEW DOCUMENTARY: INVISIBLE SCARS



Every child deserves to be loved, and the opportunity to lead a happy and healthy life. Unfortunately, childhood sexual abuse is rampant in our society: 1 in 4 girls and 1 in 6 boys will be sexually abused by the age of 18. Childhood sexual abuse often leads its survivor to feel fear, shame, and anxiety . . .

[Read more.](#)

**WATCH THE [TRAILER](#). Now available on Amazon and Itunes. [Click HERE.](#)**

### [The Buddy Bench](#)

Look at the way this elementary school in Saskatchewan supports **social connections** among students. Brilliant!



**CLICK [HERE](#)**

## TIPS & TRICKS

[4 Tips for Helping Your Kids Practice Mindfulness](#) from [Ready, Set, Breathe](#).

These are all strategies that help kids slow down.

Also check out these articles about coaching [emotion regulation](#) and using [mindfulness at bedtime](#).





# Coping skills needed?

## Childhood Stressors

divorce illness  
 death  
 trauma addiction  
 injury separation  
 violence poverty  
 abuse neglect  
 incarceration



## Stress Symptoms

robotic defiant  
 aggressive  
 failing numb meltdowns  
 obsessive volatile  
 self-harm  
 withdrawn

# FREE PARENT CLASS

Recurring every 3<sup>rd</sup> Tues. of each month

*Learn the biology of toxic stress and how to identify and respond to a child's stress symptoms/Learn how to foster social, emotional and academic development*

**Tues. April 19th  
6:00 to 7:30 PM**

1255 N 1200 W, Orem

Call us at (801) 229-1181  
to reserve your spot or email  
[PAMR@utahvalleyfamilysupport.org](mailto:PAMR@utahvalleyfamilysupport.org)



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