APRIL is National Child Abuse Prevention Month

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!

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.

Find the Utah Valley Trauma Sensitivity Initiative on Facebook or by calling Pam at (801) 229-1181
**Coping skills needed?**

**Childhood Stressors**
- divorce
- illness
- death
- trauma
- separation
- violence
- abuse
- neglect
- incarceration

**Stress Symptoms**
- robotic
- defiant
- withdrawn
- volatile
- self-harm

**FREE PARENT 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 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

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**Family Support & Treatment Center**
Home of hope and healing