



## Building Hope and Resilience Through Connection

**May is Mental Health and Trauma Informed Care Awareness Month.** The stress of the past two years has been unprecedented. The current state of the world has taken a toll on everyone's mental health, well-being, and even sense of hope for the future.

It is more critical than ever to discuss mental health and learn effective ways to promote wellbeing and resilience for everyone in our community. The task can seem daunting in light of the overwhelming need right now.

Anxiety, depression, and suicide rates in teenagers were increasing and at an all-time high before the pandemic. The cumulative impact of social isolation, loss, and stress have amplified mental health concerns. Last month, our CEO Renée Layman, wrote an article for [The Well of PBC](#) about building hope and resilience through connection.

**But, how do we build hope and resilience when it feels like our world is burning down?**

[Read the Article](#)

In this email, we share a variety of workshops and resources to promote mental health and resilience for children, their caregivers, and professionals on the frontlines working to help support families.

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## **FREE in May! ACEs: Trauma to Resilience Workshop**

**This 2.5 hour virtual workshop provides an overview of the Adverse Childhood Experiences (ACEs) Study, the Impact of ACEs, Brain Development, Results of ACEs, and Resilience.**

Workshop Participants Will Learn:

- Outcomes and findings of the ACEs study;
- The impact of ACEs on lifelong health;
- Definition of toxic stress and its impact on the developing brain;
- The potential results of ACEs; and
- The importance of resilience and how it is built.

[Learn More](#)

**Take the workshop for free in May! [Email us](#) for the promo code to waive the fee.**

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## Workshops for Parents and Caregivers

**Building awareness, skills, and the capacity of parents, teachers, and adult caregivers to engage in healthy relationships with children is essential to promoting child resilience and well-being - right now, this is more important than ever.**

We have developed an array of online workshops that are available on-demand 24/7 for 30 days after registration. Some current options include...

- [Integrating Mindfulness into Daily Techniques](#)
- [Creating a Calm Down Corner](#)
- [Building Confidence and Self-Esteem in Children](#)
- [Mindful Parenting](#)
- [Promoting Resilience in Children](#)
- [The Power of Co-Regulation](#)
- [Implementing Effective Transitions for Children](#)
- [Calming Down for High Energy Children](#)

**A Way of Being with Children: online earning and so much more!**

Our [A Way of Being with Children](#) curriculum offers a rich experience in learning a trauma-informed approach to building child resilience. In addition to the on-demand 5.5 hour [online course](#) and manual, we have developed brief, [online workshops](#), [downloaded tip sheets](#), and [short videos](#) to build specific skills that promote healthy interactions and relationships.

**If you are a teacher, parent, student, or provider in Palm Beach County, [contact us](#) for more information about training options, waived fees, and discounts!**

[Learn More](#)



## Ways To Talk to Children

### Tackling Difficult Conversations

Every day, we are bombarded by news and media coverage of conflict, war, and other issues going on in our community and around the world. This is anxiety-provoking for most adults, and it's raising questions and concerns for children too.

With 'Ways to Talk to Children' we are putting together information, including tip sheets, to help you navigate those tough conversations, like suicide and sexual abuse, with your child.

FREE Tip Sheets for Download and Printing:

- [Addressing and Discussing War](#)
- [Identifying and Addressing Suicide](#)
- [Identifying and Addressing Sexual Abuse](#)

[Learn More](#)

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## Healing the Healers

### Feeling stressed, Burnt-out, and Overwhelmed?

There is a saying: “You can’t pour from an empty cup...” If you consider yourself a healer or helper and you constantly GIVE – now it is your time to TAKE and refill your cup.

Healing the Healers is designed to address the stress and various challenges faced by helpers and healers in the medical, mental, and behavioral health professions. The training teaches self-care and resilience building strategies, which is more important than ever as helpers and healers have shown alarming rates of anxiety, depression, PTSD, and even suicide as a result of the pandemic.

**If you are a nonprofit in Palm Beach County, [email us](#) for more information about waived fees and discounted rates for your staff.**

[Learn More](#)



## Workshops for Mental Health Professionals

**Building the skills to work successfully with children is essential for mental health, social work, and pediatric professionals.**

We have developed an array of online workshops that are available on-demand 24/7 for 30 days after registration. Some of the options include...

- **Trauma and Play Therapy:** The focus of this online, one hour workshop is on using Play Therapy with clients who experienced trauma. Specific activities and strategies are explored. Cost: \$25 (1 hour Play Therapy non-contact APT and 1 State of Florida CEU included).
- **Play Therapy with Families:** The focus of this online workshop is on using play in sessions with families. Specific activities and strategies are explored. 1 Hour training - Cost: \$25 (1 non-contact APT and CEU included).
- **Foundation for Addressing the Social-Emotional Wellness of Children Using Play** - 10 Hours \$150 - This course is ideal for mental health professionals and students who are interested in Play Therapy, including the history and theories of play. Approved through APT.

**May Discounts!** [Send us an email](#) for a 30% discount code.

[Learn More](#)

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**Reminder: get your green on tomorrow, May 19th, to support mental health and trauma informed care awareness month! #GetYourGreenOn #GYGO2022.**

Interested in learning more about any of our workshops? Please contact [Dominika Nolan](#), Director of Education and Prevention Services at Center for Child Counseling.



*The Center for Child Counseling is approved by the Association for Play Therapy, APT Approved Provider #09-263. Continuing Education Provider Approved by: Florida Board of Psychology and Florida Board of Clinical Social Work, Marriage & Family Therapy, and Mental Health Counseling: Provider #50-11511.*

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