



Building Child Resilience During Times of Stress

Research shows that an estimated 160,000 children lost a parent or caregiver during the pandemic. According to the Centers for Disease Control and Prevention (CDC), COVID-19 was the third leading cause of death among Americans in 2021, so many children also lost extended family members or close family friends.

Death is not the only form of loss that children have faced over the past three years. They have experienced the loss of friendships through physical separation. They have lost out on milestones like starting a new school, attending dances and big games, playdates, proms, and being celebrated by loved ones at graduation.

Many children also lost their sense of safety and security. Families have been shaken by uncertainty, stress, and financial hardship, that continues to grow in a climate of political conflict and divisiveness in our country. We see images of war and school shootings on the news. These experiences have hit children and teenagers hard and we are experiencing a youth mental health crisis, already a significant concern before the pandemic. A new two-part [Ken Burns PBS documentary, *Hiding in Plain Sight*](#), highlights the crisis.

“We have so much work to do to help our children heal,” says First Lady Jill Biden. “It’s impossible not to be moved by the pain that these young people and their families share,” she said. “But there was so much hope there, too. Because they had all found a way from that darkness towards the light.”

[Read the Article](#)

You Can Help Children in Crisis Heal



Addressing the Children's Mental Health Crisis in Palm Beach County

The mental health crisis among our children and teens is an enduring one that has grown worse during the pandemic. Every day, our therapists are hearing the stories - the pain and overwhelming stress children and teens are experiencing. **We also see the hope, healing, and incredible resilience.**

Stephen's Story

9-year-old Stephen came to us two years ago with severe anxiety symptoms related to his parents' separation and stress of the pandemic. He had an intense fear of being alone and constantly felt the need to protect himself and his family from scary situations such as car accidents, strangers, and shootings.

With the help of therapy, Stephen learned how to use coping skills at home and school. He was able to process and overcome his fears, showing incredible resilience. Stephen continues to thrive.

You Can Support Children Like Stephen

We rely on the generosity of donors to support our critical work. Any gift, no matter how small, goes to the heart of our work - helping children cope and heal.

[**Donate Now**](#)

Building Caregiver Capacity to Promote Resilience



In the face of overwhelming need, ongoing stress, and trauma all parents, teachers, and adult caregivers of children need to be equipped with the knowledge and skills to promote mental health, resilience, and wellbeing.

Children are struggling emotionally. With generous support from the [Florida Blue Foundation](#), [Children's Services Council of Palm Beach County](#), and [Early Learning Coalition of Palm Beach County](#), we have developed an array of workshops, resources, and tools to help address specific situations and concerns.

[A Way of Being with Children](#) provides solid, trauma-informed foundation for building children resilience. In addition to the online, on-demand 5.5 hour training and manual, resources include:

- [A Way of Being Workshops](#)
- [A Way of Being Videos](#)
- [A Way of Being Tip Sheets](#)

Palm Beach County: Get all A Way of Being workshops at no cost, using the code: AWOBPBC! *Click apply to waive the fee after entering the code.*

Our [Ways to Talk to Children](#) resources include tips for talking to your children about tough topics like school shootings, sexual abuse, divorce, and war. Free workshops include identifying and talking to your child about [sexual abuse](#) and [suicide](#).

[Learn More](#)

In The News: Overwhelming Demand for Mental Health Services and Building Hope

The last few years have been filled with heavy news and it is having an impact on our children's mental health. We are grateful to WPTV for highlighting how we are addressing the demand for services.



Join Our Growing Team



Are you passionate about children's mental health and want to make a difference? We are expanding to meet the critical mental health needs of children and teens in our community.

We offer competitive benefits and a rich learning environment. Mental health services are provided in our offices, childcare centers, schools, homes, pediatric offices, and via Telehealth.

We have an array of part-time and full-time positions (Bachelor's and Master's level psychology, social work, and mental health Counseling) available within our clinical programs that deliver services throughout Palm Beach County.

[Learn More](#)

Want to get involved?

Learn more about [Fighting ACEs](#) in Palm Beach County.

Use [#FightingACEs](#) to join the conversation.

[Contact us](#) to learn more about workshops.

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