



Become More Trauma-Informed



It's hard to believe that it's already December - the month when we start to look to the year ahead and make resolutions about areas of our life we hope to change or improve. Instead of weight loss or fitness goals, why not consider a commitment to becoming more trauma-informed in 2021?

As we reflect on 2020, there's no doubt we all feel the need to try and do better in the future. So, as we begin to think about how we would like our homes, communities, and work spaces to be in the year ahead, there is probably no more effective resolution than to decide to improve our interactions with other people so that we can all acknowledge the traumatic life experiences we have undoubtedly lived through.

Our new blog offers some suggestions for becoming a more trauma-informed person or how to lead the charge in your workplace.

[Read the Blog Now.](#)

Healing the Healers



Center for Child Counseling is pleased to announce that we have received funding from [Healthier Jupiter](#) and [BeWellPBC](#) to support our innovative and responsive “Healing the Healers” online learning series. These topical workshops have been specially designed to support frontline mental health therapists at our organization, who provide services to children and families in Palm Beach County, particularly those who have experienced trauma.

This is taxing work requiring intensive expertise and compassion and all mental health professionals need support so that they can, in turn, effectively support their clients.

[Learn More.](#)

Learn How to be More Trauma-Informed



We're working hard to provide free resources for caregivers and families that provide practical advice and coping techniques. The current situation is stressful, daunting, and may be causing fear and anxiety in our children.

Equip yourself with proven skills so you can feel more empowered in your new role as a stay-at-home worker and teacher. You can register for one of our free online workshops like:

- [Resiliency Building - A Guide for Educators](#)
- [Achieving Success with Teenagers - A Guide to Effectively Parenting Teens](#)
- [How to Use Positive Parenting and Discipline Strategies with Your Child](#)
- [How to Manage Sibling Rivalry](#)
- [Fostering Social-Emotional Learning in Elementary-Aged Children](#)
- [How to Change Your Stress to Strength](#)
- [Supporting Children During COVID-19](#)
- [How to Help My Child Listen](#)

For those who want to learn even more, we offer [training for professionals](#), too.

[Institute for Clinical Training](#)

Bring Our Healing Into Homes



How are we helping our clients during the pandemic? We've taken things virtual, conducting our sessions via [telehealth](#). Unfortunately, during this time of isolation, many of the caregivers and families we serve do not have the toys, books, and activities needed to aid children in expressing feelings, learning coping skills, enjoying free play, and most importantly, working through trauma.

We have a solution! Our new campaign will provide age-specific, developmentally appropriate therapy kits to effectively guide creative expression and facilitate positive child-caregiver interactions while aiding the healing process. Supplying at-home therapy kits opens the door to using evidence-based clinical models such as [Child-Parent Psychotherapy \(CPP\)](#) and [Filial Therapy](#) with the therapist virtually guiding the caregiver during sessions.

Through our ambitious vision, we aim to provide Home Therapy Play and Tool Kits and counseling for over 4,500 children and their caregivers over the next year. Our immediate goal is to raise \$100,000 to supply kits and trauma counseling for 500 families.

Please help us provide these practical, tangible [Home Therapy Play and Tool Kits](#) to families who need them by donating now.

[Want to Help?](#)

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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