

YOU & YOUR CHILDREN MATTER

We know that your family has been through changes, hurts and upset.

We welcome you here.

WE CARE

We want to offer some ideas that may help when you and your children may feel stirred up inside.

BREATHING DEEPLY TO FEEL SAFER

Breathing in and exhaling out longer 5 or 6 times can bring a feeling of emotional safety to you and your children.

STRENGTHEN YOUR BOND WITH YOUR CHILDREN

You can encourage your kids by using a caring tone, being beside them, modeling deeper breathing and reassuring them during their times of big emotions.