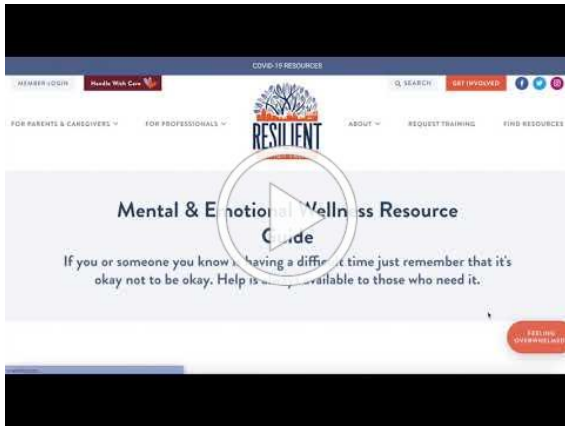




Be a Champion for Resilience

In an effort to connect our community with trauma and resilience resources, we have launched a brand NEW [website](#) filled with trauma-informed care practices and resiliency-building strategies for parents, professionals, and educators.



[Check Out Our Website](#)

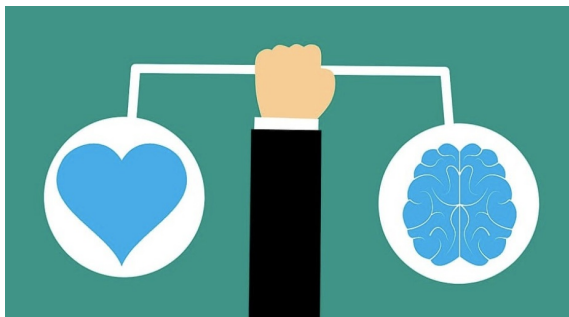
Handle With Care

Promoting partnerships to help students succeed in school, the Handle With Care Program supports children who have been exposed to trauma or violence by improving communication between law enforcement and the schools. To learn more, visit [Handle With Care](#) on our website.



[Watch WFMZ's Story](#)

Creating Calm, Together



We've partnered with [Shanthi Project](#), [Lehigh University](#), [Wildlands Conservancy](#), [Colonial Intermediate Unit 20](#), and [Carbon Lehigh Intermediate Unit 21](#) to provide mindfulness and social emotional learning lessons and resources for students, educators, parents, and

caregivers.

[Learn More](#)

Building a Resilient Toolkit

We're building a trauma-informed toolbox for you, providing tips and resources for self-care and honing resilient practices.

First up, **meditation**, the practice of focusing the mind on a particular object, thought or activity to help reduce stress, anxiety, and your overall well-being.



[Mindfulness Resources](#)



Healing Trauma. Restoring Hope.

Join Resilient Lehigh Valley for our training series focused on critical topics featuring local experts and best practices.

Our next session, **Self-Care in Times of Change, Uncertainty and Stress**, focuses on effective strategies and resources for individuals and organizations to use to aid in self-care.

Wednesday, September 30
4:00 p.m.
Virtual

[Register Here](#)

Resilient Lehigh Valley offers professional development training on trauma-informed care, trauma awareness, cultural competence, and racial trauma.

[Request Training](#)

Be a champion for resilience! Join our coalition and action teams.

[Get Involved](#)

STAY IN TOUCH

