



The Counselors Are In

With assistance from [United Way of the Greater Lehigh Valley](#), Resilient LV and [Pinebrook Family Answers](#) are offering **Virtual Office Hours** - free behavioral health consultations on the challenging and sometimes saddening behavior many are witnessing with students and families. Sessions will also address self care, wellness, burn out and compassion fatigue. Teachers and school personnel can expect to gain insight and practical, effective strategies to help navigate these challenging times.

School-based behavioral health staff and trauma experts will facilitate each session. Look for additional dates in 2021! Links below for more information and to register:

[Early Learning Educators](#): Thursday, December 10, 1:30 - 2:30 PM
[Elementary Level Educators](#): Tuesday, December 15, 4:00 - 5:00 PM
[Secondary Level Educators](#): Thursday, December 17, 3:00 - 4:00 PM

A Sense of Peace



In partnership with United Way of the Greater Lehigh Valley and funding from the Full-Service Community School Grant, Family Calming Kits were created and distributed to select Community Schools in the [Allentown School District](#) this month. The kits include games, resources and instructions to help improve the physical and emotional well-being of families.

Staff from [Just Born Quality Confections](#)
assisted with kit assembly.

[Read
More](#)

Practicing Family Mindfulness

Resilient Lehigh Valley's coalition partner, [Shanthi Project](#), shared a sneak peek of

their upcoming Family Mindfulness series.

Breathing Buddies is an exercise that teaches children to pay attention to their breath and signals the body's relaxation response.

[Check It Out](#)



Building Your Resilient Toolkit

In an effort to construct provider's trauma-informed toolkits, Resilient LV offer tips and resources for self-care and refining resilient practices.

Family Mindfulness: Parents can help their children exercise mindfulness by modeling the practice themselves and teaching them to focus on the present.

[Learn More](#)

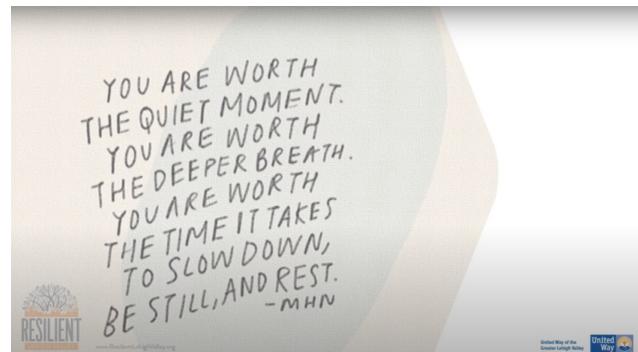


Trauma-Informed Resources

Were you interested in one of our recent webinars or trainings but unable to attend?

Search our resource database to find previous trauma-informed education, toolkits and videos.

[View RLV Resources](#)



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

