



The Counselors Are Back In

Virtual Office Hours are back! Made possible by the support of [United Way of the Greater Lehigh Valley](#), [Pinebrook Family Answers](#), and Resilient LV, teachers and school personnel will have the opportunity to hear from behavioral health staff and trauma experts to gain insight and effective strategies to help navigate these challenging times. Registration is open - visit the links below.

- [Early Learning Educators](#): Tuesday, February 16, 2:00 - 3:00 PM
- [Elementary Level Educators](#): Wednesday, February 17, 4:00 - 5:00 PM
- [Secondary Level Educators](#): Thursday, February 18, 3:00 - 4:00 PM

Resources to Equip and Empower Youth and Families

United Way's [Women United](#) affinity group is helping to fund two new impact initiatives, including a parent education and empowerment workshop series in Trauma Informed, Restorative Practices, Emotional Intelligence and Equity (T.R.E.E.). This course, facilitated by [Promise Neighborhood LV's](#) Hasshan Batts, coaches parents about trauma and provides tools to manage toxic stress while building resiliency.

UNITED WAY OF THE GREATER LEHIGH VALLEY
WOMEN UNITED[®]

[Read More](#)

Building Your Resilient Toolkit

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



Progressive Muscle Relaxation: Reduce stress by slowly tensing and relaxing each muscle, while paying close attention to the resulting feeling of relaxation.

[Learn More](#)

Virtual Office Hours - Common Concerns

The successful virtual office hours series during which educators express new and ongoing concerns from the COVID-19 pandemic have spotlighted concerning universal themes for teacher's and educational staff navigating these new realities.

[Read More](#)



Save the Date!



2019 Resilient Communities Conference Panel

Our annual Building Resilient Communities Conference will take place in early November 2021!

The conference is an opportunity for education, health, criminal justice, and human services professionals to receive valuable training in trauma-informed practices, network, and share successes and challenges.

More details to come!

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

