



Trauma-Informed School Spotlight: Paxinosa Elementary

Paxinosa Elementary - a Lehigh Valley Community School - has seen a 67% decrease in office discipline rates and a 75% decrease in student suspensions as a result of instilled trauma-informed practices and self-care among staff and students.

[Read Paxinosa's Story](#)

Promoting Partnerships to Succeed

The Handle With Care Program supports children who have been exposed to trauma or violence by improving communication between law enforcement and the schools.

[Catch PBS39's Story](#)

[Check Out WFMZ's Story](#)



Building a Resilient Toolkit

We're continuing to help build your trauma-informed toolkit by providing tips and resources for self-care and honing resilient practices.



Next up, **body scan**, paying close attention to physical sensations throughout your body to better understand how to manage it.

[Learn More about Body Scan](#)

Upcoming Information Sessions and Trainings

[Positive Parenting During Times of Stress Series](#)

October 14, 12 PM, Resilient LV Facebook LIVE

Community professionals and advocates share parent tips to discuss current social challenges with their children and resources to help take care of themselves and their family.

[Health Equity Summit](#)

October 27 - 9 AM, Online

Hispanic Center Lehigh Valley is hosting the 3rd Annual Health Equity Summit which will address the impact of COVID-19 on communities of color, colorism within the Hispanic Community, and systemic racism in education.

[Handle With Care Training](#)

October 28 - 4:00 PM, Online

Handle With Care programs support children exposed to trauma and violence through improved communication between law enforcement and schools.

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](#)

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