



Perfect for families with children ages 0-9.
Multiple language options offered.
Limited spots available – **get started today!**

Lehigh County Residents
TEXT STRONG TO 70138

Northampton County Residents
TEXT LEARN TO 70138

RESILIENT Lehigh Valley Reads United Way Ready4K

Ready4K Lehigh Valley

[United Way of the Greater Lehigh Valley](#) in partnership with Resilient Lehigh Valley and [Lehigh Valley Reads](#) is launching [Ready4K!](#)

The Ready4K service is free and shares quick tips and simple tools that can help kids grow and learn and parents feel more supported.

FREE weekly text messages will help parents and caregivers:

- Communicate better with their child
- Make learning part of everyday
- Feel supported
- Get connected to local services and resources

**Sign Up
Today**

Building Resilient Families

Resilient LV is dedicated to helping guardians find the support they need to adapt to life's challenges.

Free resources are available for parents

and caregivers to help reduce family stress, build resilient kids, and recognize signs of trauma.

Help Someone
Heal



Integrating Trauma-Informed Mindfulness Into Summer Learning

Our summer learning community's priority is welcoming back students and preparing them for a back-to-school fall transition.

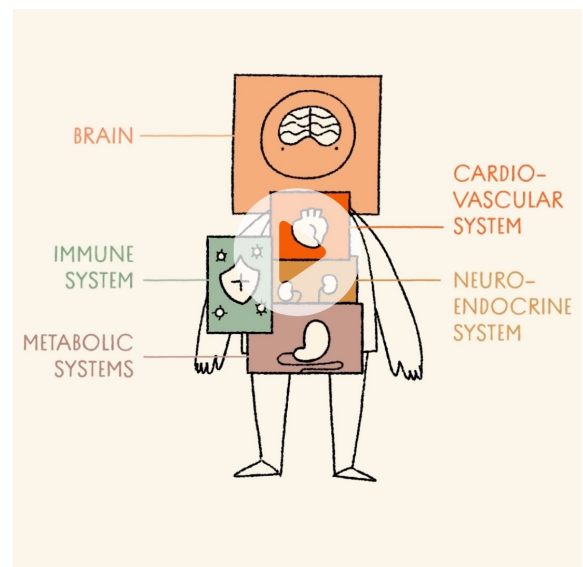
Resilient LV and the [Lehigh Valley Summer Learning Coalition](#) partnered with the [Pratyush Sinha Foundation](#) to offer the Mindful Education System's Trauma-Informed Mindfulness for Educators (TIME) program spring and summer sessions for summer learning providers.

Read
More

How Early Childhood Experiences Affect Lifelong Health and Learning

Check out this short, informative video from [Harvard University's Center on the Developing Child](#) about how early experiences affect not only early learning and school readiness, but also lifelong health.

Watch the
Video



TRAUMA INFORMED TOOLKIT



To help providers hone their trauma-informed toolkits, Resilient LV offers tips and cultivates resources for self-care and refining resilient practices.

Materials available for topics including:

- Restorative Practices
- Mindfulness
- Emotional Regulation
- Social-Emotional Learning & more!

[Build Your Toolkit Arsenal](#)

Save the Date - Opioid Addiction & Recovery Forum

[Lehigh County Drug & Alcohol](#) and [Center for Humanistic Change, Inc.](#) are hosting an event to increase awareness, support, and resources for professionals supporting substance abuse recovery. The **virtual conference** is open to the public and will be held on Tuesday, September 14 from 8:00 AM to 2:00 PM. Event speakers include:

- **Patrick Kennedy**, Former U.S. Congressman and former member of the President's Commission on Combatting Drug Addiction and the Opioid Crisis
- **Dr. Gillian Beauchamp**, Department of Emergency Medicine, Lehigh Valley Health Network
- **Lehigh County CRS/CFRS Team**
- **Lehigh County Approaches to Recovery**: Blue Guardian Program & Drug Treatment Court

Plan to attend or share the registration link.

[Register](#)

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

