

Parent Trauma Informed Care Presentation

- Making Stress Your Friend
https://www.youtube.com/embed/RcGyVTAoXEU?modestbranding=1&autoplay=1&iv_load_policy=3&rel=0&fs=1&start=300&end=449

- Mindfulness Videos/TED Talks
 - Mindfulness for Adults (Shapiro)
 - Mindfulness Activity - Adults (Williamson)
 - Mindfulness for Adults (Boissiere)
 - Mindfulness Activity - Children

- Attachment Trauma Network
<https://www.attachmenttraumanetwork.org/>

- Breathing Techniques/ Calm down corner
<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>