

WESTCARE PACIFIC ISLANDS BRIGHT FUTURES

AT-HOME RESOURCES

FOR MORE INFORMATION

Child Welfare Information Gateway

For resources on trauma for caregivers & families

<https://www.childwelfare.gov/topics/responding/trauma/caregivers/>

Child Mind Institute

For resources and tips to help children cope with trauma and grief

<https://childmind.org/topics/concerns/trauma-and-grief/>

Technical Assistance Network for Children's Behavioral Health

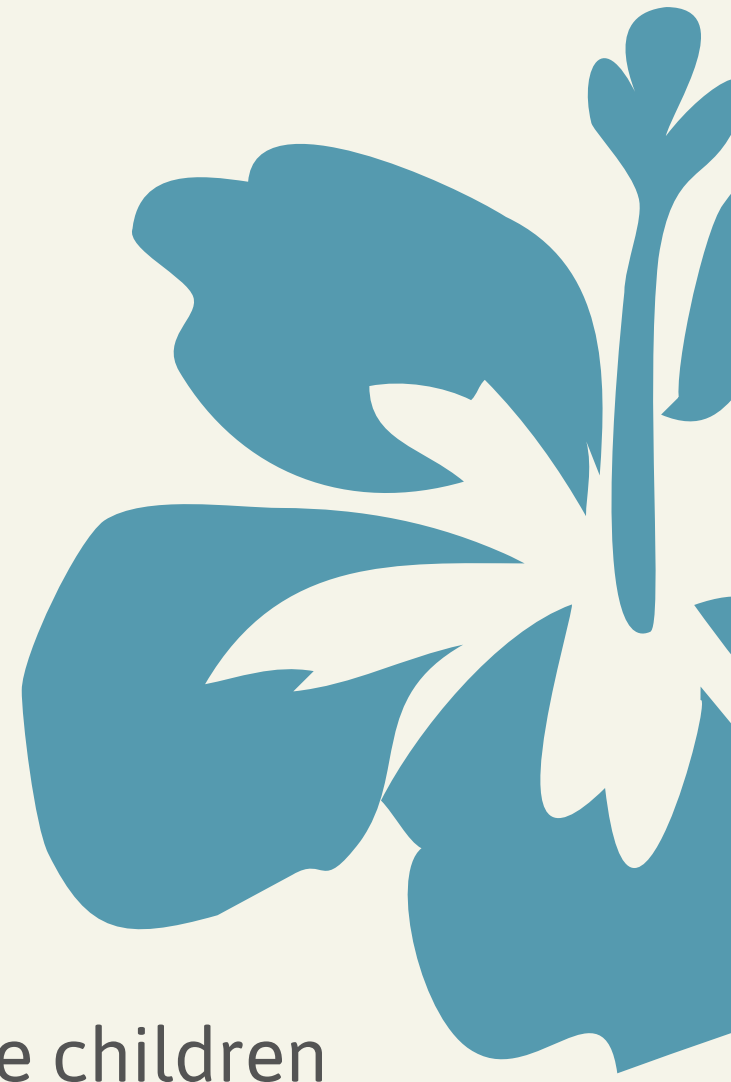
Video on understanding trauma and promoting resilience in vulnerable children

<https://www.youtube.com/watch?v=Cyrf0qKFiOo>

The National Child Traumatic Stress Network

Parent/Caregiver guide to helping families cope with the Coronavirus Disease 2019

https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019_covid-19.pdf



APPLICATIONS & ACTIVITIES

Stop, Breathe, Think

App for relaxation

<https://my.life/>

Utah Trauma-Resiliency Collaborative

Apps for trauma-resiliency solutions

<https://trcutah.org/mobile-apps>

Smiling Mind

App for meditation for all ages

<https://www.smilingmind.com.au/smiling-mind-app/>

NTCP TF-CBT Triangle of Life

App for cognitive processing

<https://tfcbt.org/tf-cbt-triangle-of-life/>

Happily Ever Elephants

For paperback and eBooks on trauma, grief, and fear

<https://happilyeverelephants.com/home/childrens-books-about-trauma-grief-and-fear>

Color Mandala

For printable mandala coloring pages

<https://colormandala.com/>

