



## The Trauma Healing Project

# Parent Wellbeing Program

At the Trauma Healing Project we believe that when parents do well and their lives improve, they are better able to be the parents they want to be and children do better. As participants in the Parent Wellbeing Program parents of young children (0-3) with histories of trauma are supported to develop and follow a wellness plan based on their own interests and needs. We provide resources to manage and heal past trauma and reduce anxiety, pain and daily stress. Participation in movement classes, individual body work and integrative support can bring healing to the body, mind and emotions, bring positive change to parents' lives and help with the challenges parenting can bring.

Our goal is to improve child and parent wellbeing and to reduce intergenerational trauma.

### Currently Serving

- 30 - 35 Families weekly
- 33 - 40 Children weekly



### Our 2017 Goals

- 50+ Families weekly
- 50+ Children weekly
- Expanded services in Spanish -

## Wellness Services

### MOVEMENT

- Baby & Me Postnatal Yoga
- Gentle Yoga
- Heart Awareness Pranayama Yoga
- Nia

### BODY WORK

- Group Acupuncture clinics
  - Cognitive Emotional Wellness
  - Ear Acupuncture
- Full-Body Acupuncture Clinics

### PARENTING SUPPORT

- Mindful Parenting Support Group
- Arts & Expressive Based Workshops

### INTEGRATIVE SUPPORT

- Mindfulness
- Friends & Family Discussion Group

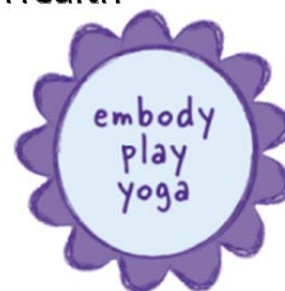


### The Trauma Healing Project Vision:

A vibrant and connected community where anyone impacted by violence, abuse or other trauma receives the support and attention they need to fully recover and to reach their highest potential.

### PWP Partners:

- Lane County Maternal Child Health
- Relief Nursery
- ParentingNow!
- Embody Play Yoga
- Healing Arts Practitioners



**Embody Play Yoga:** Partners with the Trauma Healing project to provide integrative services that help children and families develop such skills as emotional regulation and healthy attachment through a range of services, including yoga therapy, parent coaching and support groups.

**Lane County Maternal Child Health:** Refers parents to the Parent Wellbeing Program through the Nurse Family Partnership and provides ongoing home-visiting support directly and through the Healthy Families Program in partnership with the **Relief Nursery** and **ParentingNow!**.