



Children and Youth
Planning Table
of Waterloo Region

Trauma-informed Education and Resources

Children and Youth Planning Table
of Waterloo Region



Introduction

In recognizing the profound impact of trauma on the lives of children and youth, we embark on a collective journey to foster resilience, empathy, and healing within the vibrant community of Waterloo Region. These resources have been compiled herein in response to our community's expressed interest in accessing trauma-informed resources, reflecting a shared commitment to aiding organizations in supporting those they serve from a trauma-informed perspective.

This curated compilation of trauma-informed education and resources stands as a testament to our community's dedication to providing compassionate and effective care. The aim is not only to enhance the quality of care but also to build a foundation of trust, safety, and empowerment in our interactions with clients, colleagues, and ourselves.

Trauma-informed care is more than an approach; it is a philosophy that acknowledges the profound effects of trauma on individuals' lives. It serves as a guiding light, illuminating pathways to understanding and responding to the unique challenges that arise from traumatic experiences. As you delve into these resources, consider the transformative potential they hold—whether utilized independently or collaboratively, they have the power to shape environments that nurture resilience and healing.

"While we may not have the power to choose where we come from, we can certainly choose where we go from there. Trauma-informed care is the compass guiding us towards a place of healing, resilience, and belonging."

Bruce D. Perry, Psychiatrist and Neuroscientist



Trauma-informed Education and Resources



TRAUMA-INFORMED 101

Approximately a two-and-a-half-hour webinar introducing Trauma-Informed Care.



TRAUMA-INFORMED TOOLKIT

Resource facilitating the implementation of Trauma-Informed Care in service delivery



ECE RESOURCE

Designed for educators but applicable for all



WRDSB RESOURCE

Resource developed to assist educators in adopting a Trauma-Informed approach



TRAUMA - INFORMED CARE INFOGRAPHIC

Offers ten key ingredients of Trauma-Informed Care



TRAUMA-INFORMED CARE SCREENING TOOL

The tool introduces a phased developmental approach to organizational change and implementation



**Children and Youth
Planning Table**
of Waterloo Region

www.cyptwr.ca



@cyptwr