



What Is Trauma?

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Trauma can be any experience that overwhelms our mind's capacity to cope. This occurs any time the nervous system experiences something that is too big, too fast, too soon, too hurtful or too little for too long.

It can be something that we observe or something that happens to us directly. These experiences cause additional stress to the body.

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What Is A Traumatic Experience?

The following could be highly stressful or even traumatizing for children:

- Physical or sexual abuse
- Lack of food, water, housing
- Family or community violence
- Death of a loved one
- Substance abuse by a primary caregiver
- Accidents
- Illness or a medical procedure
- Loss of or removal from their home
- Divorce

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We Are Here To Help

We're here to walk hand in hand with young children and their families after they have experienced traumatic events. We know how to use play and child-centered language to help a child express their feelings and story. Our team creates a treatment plan that will promote a child's strengths and resiliency while healing from their past pains. No event has to define a child's life. **Together, we restore the joy of childhood.**

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