How to Answer Kids' Tough Questions

Stress and loss is impacting our children's mental health and well-being. We get the calls every day from parents and caregivers, needing support to help children cope and heal.

Developed by our experts in child mental health and trauma, we are pleased to offer **Ways to Talk** resources, at no cost, for parents, teachers, and caregivers across Florida and the nation.

It is important to talk to your child about real situations that may be impacting their mental health and well-being. The workshops, videos, and resources were created to help you have these tough conversations, in developmentally

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NEW! Ways to Talk to Children about Grief

Ways to Talk to Children about Grief Workshop

Grief is the intense emotional reaction and distress in response to loss, usually associated with death but it can include separation or the ending of a close relationship.

The thought of having to explain grief to a child can leave us feeling uncertain about the best way to approach the topic to avoid causing unnecessary distress for the child, especially when we may be grieving also.

Learn more or register for our free, 80-minute workshop here.

Ways to Talk to Children about School Shootings

Ways to Talk to Children about School Shootings Workshop

Trying to make sense of a school shooting feels difficult to comprehend or put into words.

Attempting to explain it to a child and provide the assurances that they need may seem impossible. How can you explain such a horrific event to your child and provide them with the reassurances and support that they need, when you are having a difficult time understanding and making sense of the event yourself?

Learn more or register for our free, 60-minute workshop here.

Ways to Talk to Children about Sexual Abuse

Preventing Sexual Abuse: A Guide for Parents & Caregivers

Child sexual abuse is a topic that is difficult to discuss as it may be emotional, uncomfortable, and overwhelming.

In this workshop, you will learn the definition of child sexual abuse, the facts about it, ways to prevent it, some possible signs that a child may be experiencing sexual abuse as well as techniques to provide support and buffer the impact of that trauma for children.

Learn more or register for our free, 60-minute workshop here.

Ways to Talk to Children about Suicide

Identifying and Addressing Suicide: A Guide for Caregivers

Suicide is an emotional, overwhelming, and most times scary topic to discuss with anyone, let alone a child. You, as a parent or caregiver, may be worried about what to do, what to say and whether your efforts are improving the situation or not.

Join us for this important workshop as we review information that can assist you in early detection, prevention and intervention as well as ways to be involved and buffer the risk factors against suicide.

Learn more or register for our free, 60-minute workshop here.

A Way of Being with Children

A Way of Being with Children offers a rich experience in learning trauma-informed ways for addressing specific concerns or behaviors, building positive relationships, and promoting child resilience.

In addition to our on-demand 5.5 hour **online course** and manual (shipped to you with registration), we have developed brief, **online workshops** (45 - 60 minutes), **downloaded tip sheets**, and **short videos** to build specific skills to support parents, teachers, and caregivers of children.

FREE for Teachers and Parents in Palm Beach County!
Simply enter the promo code: **AWOBPBC** and click apply to waive the fee.

Online, On-Demand Workshops

- **Integrating Mindfulness into Daily Routines**
- **Creating a Calm Down Corner**
- **Building Confidence and Self-Esteem in Children**
- **Mindful Parenting**
- **Promoting Resilience in Children**
- **The Power of Co-Regulation**
- **Implementing Effective Transitions for Children**
- **Calming Down for High Energy Children**
- **Self- Regulation for Classroom and Beyond**
- **Promoting Engagement for Withdrawn Children**
- **The Power of the Parent-Teacher Relationship**
- **Trauma Stories and the Impact on Teachers**
- **Supporting Social-Emotional Development in Children**
- **The Power of Play**
- **Separation Anxiety**
- **The Importance of Family Involvement in Early Education**
- **Supporting Empathy Development in Children**
- **Beating Burnout for Teachers**
- **Stress and the Pandemic**

This work is possible through funding from the **Florida Blue Foundation**, **Children's Services Council of Palm Beach County**, and the **Early Learning Coalition of Palm Beach County** - thank you for your commitment to children and

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Meet Our Education Team!

Our passionate Education and Prevention Services team is dedicated to bringing you relevant, best practice content to support your child and family.

Spotlight on Dr. Anne Holland-Brown, Psychologist and Trauma Specialist

Anne is a licensed psychologist with a Ph.D. in psychology from the University of Pennsylvania. She has over twenty-six years of mental and behavioral health experience working with children who have experienced trauma.

Prior to moving to South Florida, Dr. Holland Brown worked in Philadelphia in various roles including clinician, psychological and forensic evaluator, program developer and director, clinical supervisor, researcher, and victim activist. Before her role as a psychologist at Center for Child Counseling, Dr. Holland Brown was employed by

Dominika Nolan, MS, LMHC, RPT, NCC, CCMHC, Director

Dominika is a Licensed Mental Health Counselor, Registered Play Therapist, National Certified Counselor, and Registered Circle of Security Parenting facilitator. She received a Bachelor's Degree in Arts with a major in Psychology from Dublin Business School in Ireland in 2012 and Master's from Lynn University. She has certification in an array of evidence-based interventions.

Nida Paul, LMHC, NCC, RPT, Supervisor

Nida Paul is a Licensed Mental Health Counselor, National Certified Counselor, and Registered Play Therapist who has worked with young children and families since 2010. She received her Master's in Mental Health Counseling from Nova Southeastern University and has training in an array of evidence-based interventions. Nida has been instrumental in developing our A Way of Being with Children training.

Tyne Potgieter, LMHC, NCC, CCMHC, Trauma Therapist

Tyne is Licensed Mental Health Counselor, National Certified Counselor, and Certified Clinical Mental Health Counselor who earned her Master's from Lynn University. She has worked with children and families since 2015 and is trained in Play Therapy, Art Therapy techniques, Trauma-Focused Cognitive Behavioral Therapy, and Eye

[Center for Child Counseling] | [561-244-9499] | **[E-mail]** | **[Website]**

#fightingaces #awayofbeing #waystotalk