

If interested, a full day workshop called “Trauma Informed Classrooms” can be provided to educate how to help children with trauma in a school setting. Please contact Sara at sara@growingrootstherapy.ca or 204-333-9804 for more information or to book a workshop.

Being Trauma Sensitive

Going Deeper: Trauma-Informed Resources for Teachers

Child Trauma Toolkit for Educators

Created by the National Child Traumatic Stress Network (NCTSN), this resource includes practical information and suggestions for educators and parents of preschool to high school students about the psychological and behavioural effects of trauma and grief.

Available for free download at: <https://www.nctsn.org/resources/child-trauma-toolkit-educators>

Creating, Supporting, and Sustaining Trauma Informed Schools

Created by the NCTSN, this is a framework to help schools have a better sense of the areas to address when working towards a more trauma-informed school environment.

Available for free download at:

<https://www.nctsn.org/resources/creating-supporting-and-sustaining-trauma-informed-schools-system-frame-work>

Access general information about trauma on the NCTSN website at: <https://www.nctsn.org>

Calmer Classrooms: a guide to working with traumatized children

An Australian publication for school staff who work with children who have been affected by abuse and neglect. Provides insight on the effects of trauma on learning and practical suggestions for the classroom.

Access online: http://earlytraumagrief.anu.edu.au/files/calmer_classrooms.pdf

Trauma-informed: The Trauma Toolkit, Second Edition

Created by Klinik Community Health Center in Winnipeg, this toolkit is a resource for service organizations and providers to deliver services that are trauma-informed. The toolkit contains information about sources of trauma including residential schools, sexual abuse, the process of trauma recovery and guidelines for working with people affected by trauma.

Access online: https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

Beacon House Becoming a Trauma Sensitive School: Resource Bank

A list of multimedia trauma resources for staff and students including adult and children's books, films, youtube clips, pdfs, websites, blogs, podcasts, and printables.

Available for free download from: <https://beaconhouse.org.uk/useful-resources/>

Bridging Two Worlds: Supporting Newcomer and Refugee Youth

A guide to curriculum implementation and integration, developed by Dr. Jan Stewart and Dr. Lorna Martin, this Canadian resource was developed out of a three year research program that investigated schools and communities in Calgary, Winnipeg and St. John's. It includes a discussion of creating a supportive classroom including trauma-informed values, as well as core competencies for educators of newcomer youth and 30 sample lesson plans for educator professional development.

Available for free download from:

<https://ceric.ca/resource/bridging-two-worlds-supporting-newcomer-refugee-youth/>

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