

Related Resources

Trauma, What to Do

healthy
AND READY TO
learn



Top Resources

1

NYC Schools: School Survey Results

Go here to learn about NYC's yearly school survey completed by parents, educators, and students or to obtain survey results from years past.

<https://www.schools.nyc.gov/about-us/reports/school-quality/nyc-school-survey>

4

Aunt Bertha: Find Services in Your Community

Search for free or reduced cost services in your neighborhood. Locate health, food, and education services on Aunt Bertha.

<https://www.auntbertha.com/>

2

NYC Schools: Materials for Students in Temporary Housing

Students who are homeless or have temporary housing have educational rights. Get answers to your questions and resources from the Students in Temporary Housing unit within the Office of Safety and Youth Development.

<https://www.schools.nyc.gov/school-life/special-situations/students-in-temporary-housing>

5

healthychildren.org: Trauma-Sensitive Tips for Parents

Understand your child's needs after trauma. Learn about different forms of trauma, how the brain reacts to trauma, trauma triggers, and parenting advice.

<https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/Parenting-Foster-Adoptive-Children-After-Trauma.aspx>

3

The National Child Traumatic Stress Network: Resources for Parents

The National Child Traumatic Stress Network has resources for parents and caregivers of children who have experienced trauma.

<https://www.nctsn.org/audiences/families-and-caregivers>

6

Sesame Street: Traumatic Experiences Resources for Kids

Talk about traumatic experiences with your children or students with activities and tools from Sesame Street.

<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

Additional Resources

Traumatic Stress Institute/Center for Adult & Adolescent Psychotherapy (TSI/CAAP): Self-Care Assessment Worksheet

https://www.wendtcenter.org/wp-content/uploads/Wellness_Assessment.pdf

Eluna: Mindfulness Resources for Students

<https://elunanetwork.org/resources/>

Playworks: Recess and Play Programs

<https://www.playworks.org/>