



ChildWIN®



A subsidiary of PCA-NJ working with families and community partners to help children develop into healthy, productive adults by fostering resilience and social-emotional health



Healing Hearts: The Trauma Training Series

The Healing Hearts Series of workshops listed below provide an overview of the impact of trauma and Adverse Childhood Experiences (ACEs) on the developing child. Teachers, administrators and staff who work with children will learn how trauma/toxic stress impacts a child's brain, body and development; thus affecting a child's behavior. This series provides healthy, nurturing strategies to promote a calm learning environment and build resilience, as well as resources to continue learning after the training.

Trauma 101- *explores how trauma & ACEs impact behavior*

Advanced Strategies 1- *builds on the foundation from Trauma 101 and delves into your journey to becoming "trauma-informed" and the importance of relationships in healing and building resilience*

Advanced Strategies 2- *focuses on understanding when the brain needs to be reset to optimize and re-engage in learning*

Resilience- *examines myths of early childhood trauma and how resilience can serve as a buffer*

Self-Care is Not Selfish- *explores strategies to reduce and prevent the negative outcomes of trauma.*

Peaceful Practices- *presents ways to transform your school environment with brain lessons, breathing, yoga, relaxation and mindfulness*

Repacking Your Child's Emotional Back Pack- *educates parents about ACEs and trauma and provides strategies to use with their children at home*

For more info on Child Wellness Institute:

childWIN.org



Additional Trainings

Nurtured Heart Approach- *de-energizing negative behaviors in children with strict limits and rules through building positive relationships*

Positive Discipline- *explore meaning behind behaviors and understand the difference between discipline and punishment*

Domestic Minor Sex Trafficking 101- *identifying signs, reporting and prevention strategies to protect youth from trafficking*

Intro to Mindfulness- *learn valuable tools for a mindful lifestyle and engage in exercises to enhance awareness and manage stress*

Digital Safety in a Digital Era- *offered for 4 age-appropriate sessions covering topics of screen time, digital footprints, gaming safety, bullying, the potential explicit side of social media and the parents role in ensure their child's safety. (K-4 students, 5-8 students, 9-12 student, & a parent workshop)*

Triple P Discussion Groups- *Positive Parenting Program aims to create nurturing family environments while preventing and addressing behavioral and emotional challenges in children and teenagers through actively participating in discussions and gaining valuable insights into positive parenting principles.*

Custom Trainings Available

We recognize that organizations have specific individual needs- and ChildWIN® is dedicated to helping meet those needs. Through consultation with us, we can cater a training to support you in the ways that you need most. Reach out to us and we are happy to help!

Shop our Products

Visit our online shop to find several products to support social emotional wellness for children in your home or your classroom. Visit our website to shop! childwin.org

ChildWIN® (The Child Wellness Institute) is a subsidiary of Prevent Child Abuse-NJ, dedicated to meeting community needs both locally and nationally, extending beyond PCA-NJ's reach. Our goal is to help children develop into healthy, productive adults by fostering resilience and social-emotional health. We offer engaging, interactive, research-informed trainings, coaching, workshops, and products. Our services cater to children, families, educators, social workers, and community partners committed to supporting children's well-being.

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