Trauma Informed Care and Movement Workshop 09/14

YWCA Toledo,Ohio / 3:00pm-7:30pm / Toledo, OH

ATTENDEES

15 Young Women Choosing Action teens representing all four cohorts and 12 community members and YWCA of NWO staff for a total of 27 participants in the afternoon session yesterday.

Objective

To create a Trauma Informed Space that will allow for youth to relieve stress, learn and implement new self-regulation skills through movement, breathing exercises and guided meditations.

NOTES

- **Students were very engaged in the activity**
- **Students expressed gratitude for the experience**
- **Students practice self love, physical practice, stress reduction skills, and self regulation skills**

Follow up

- **I relish the opportunity to visit the YWCA Toledo again. Offering a Trauma Informed Educators 3 Day Workshop for the YWCA staff, educators, and community leaders.**
- **Yoga N Da Hood is very interested in partnering with the City of Toledo to offer Trauma Informed training for educators, after-school providers, and community leaders such as the YWCA.**