

## **Helpful Websites**

### **Trauma Websites**

#### **Trauma Informed**

<http://www.trauma-informed.ca/home.htm>

<http://trauma-recovery.ca/>

#### **PTSD Coach Online**

[www.ptsd.va.gov/apps/PTSDCoachOnline/](http://www.ptsd.va.gov/apps/PTSDCoachOnline/)

#### **National Child Traumatic Stress Network**

<http://www.nctsnet.org/http://kidslinkcares.com/>

#### **Babette Rothschild**

<http://www.somatictraumatherapy.com/>

#### **Child Trauma Academy**

<http://www.childtrauma.org/>

#### **Child Development and Trauma Handouts- Department of Human Services, Victoria, Australia**

<http://www.dhs.vic.gov.au/for-service-providers/children,-youth-and-families/child-protection/specialist-practice-resources-for-child-protection-workers/child-development-and-trauma-specialist-practice-resource>

#### **International Society for Traumatic Stress Studies**

<http://www.istss.org/Home.htm>

### **Other Helpful Sites**

#### **Mental Health First Aid for adults you interact with youth**

[www.mhfa.ca](http://www.mhfa.ca)

<http://teenmentalhealth.org/>

#### **Resilience Research Centre**

<http://resilience.socialwork.dal.ca/>

#### **Anxiety BC**

[www.anxietybc.com/resources/anxiety.php](http://www.anxietybc.com/resources/anxiety.php)

- Mindshift App from Anxiety BC

#### **First Nation Parenting Resource**

[www.beststart.org/resources/hlthy\\_chld\\_dev/pdf/CBS\\_Final\\_K12A.pdf](http://www.beststart.org/resources/hlthy_chld_dev/pdf/CBS_Final_K12A.pdf)

#### **Occupational Therapy Websites** – How to help settle the body resources

#### Occupational Therapy Plan

<http://www.otplan.com/skills/>

Therapy Street for Kids

<http://therapystreetforkids.com/index.html>

### **3 Minute Guided Meditation video**

[http://www.youtube.com/watch?v=CVW\\_IE1nsKE&feature=related](http://www.youtube.com/watch?v=CVW_IE1nsKE&feature=related)

**New Directions for Children, Youth, Adults and Families**

<http://www.newdirections.mb.ca/>

### **ACE Study**

<http://www.cdc.gov/ace/index.htm>

[Thedoorthat'snotlocked – Internet and cell phone contracts](#)

[Kidshelpphone.ca](#)

[Kidintheknow.ca](#)

### **Brain Websites**

Beneath the Thinking Cap: The Functions of the Basic Brain.

<http://www.onlinecollegecourses.com/basic-brain-map>

Kids Guide to How the Brain Works ([NursingSchool.org](#))

<http://nursingschool.org/kids-guide-to-how-the-brain-works/>

The Nervous System by Numbers (Eric Chudler, University of Washington)

<http://faculty.washington.edu/chudler/facts.html>

The Brain and the Heart (The Children's Heart Institute)

<http://www.childrenheartinstitute.org/educate/syncope/nervous.htm>

Neuroscience for Kids (Eric Chudler, University of Washington)

<http://faculty.washington.edu/chudler/introb.html>

The Physical and Psychological Effects of Meditation (Institute of Noetic Sciences)

<http://www.ions.org/research/medbiblio/index.htm>

Brain Basics (Scientific Learning Corporation)

<http://www.brainconnection.com/library/?main=bbhome/main>

The Brain: Top to Bottom (McGill University)

[http://thebrain.mcgill.ca/flash/index\\_d.html](http://thebrain.mcgill.ca/flash/index_d.html)

The Activities of Your Brain (How Stuff Works)

<http://health.howstuffworks.com/brain.htm>

The Human Brain (Franklin Institute)

<http://www.fi.edu/brain/index.htm>

The Secret Life of the Brain (PBS)

<http://www.pbs.org/wnet/brain/>

Self Regulation – schools or home

<http://www.zoneinproducts.com/products.html>

Mindfulness Program for Youth

<http://thehawnfoundation.org/mindup/mindup-curriculum/>