

Helpful Websites

Making Sense of Trauma

www.makingsenseoftrauma.ca

Trauma		
Making Sense of Trauma Webinar (free) Facilitator Guide available upon request msot@newdirections.mb.ca	www.makingsenseoftrauma.ca	
Trauma Informed	http://www.trauma-informed.ca/home.htm	http://trauma-recovery.ca/
PTSD Coach Online	www.ptsd.va.gov/apps/PTSDCoachOnline/	
National Child Traumatic Stress Network	http://www.nctsn.org/	
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	
Childhood Trauma Changing Minds	https://changingmindsnow.org/	
Sesame Street Webinar on Trauma	https://sesamestreetincommunities.org/topics/traumatic-experiences/	

Occupational Therapy - How to help settle the body	
Occupational Therapy Plan	http://www.otplan.com/skills/
Therapy Street for Kids	http://therapystreetforkids.com/index.html
A Sensory Life – Sensory motor checklists	http://asensorylife.com/sensory-preference-checklist.html

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The Brain	
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
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/

Apps		
Mindshift	PTSD Coach Canada	Breathe2relax
Breathe	Calm	

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Other Helpful Websites	
Mental Health First Aid	www.mhfa.ca For adults who interact with youth: http://teenmentalhealth.org/
Resilience Research Centre	http://resilience.socialwork.dal.ca/
Anxiety BC	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
National Centre for Truth and Reconciliation	www.nctr.ca
Brain Booster Neurodeck	hullservices.ca/articles/brain-booster-activity-cards
Saint Elizabeth's First Nations, Inuit and Métis Program for action-based research, online learning, knowledge exchange and mobilization	https://www.saintelizabeth.com/FNIM/Home.aspx
New Directions for Children, Youth, Adults and Families	http://www.newdirections.mb.ca/
ACE Study	http://www.cdc.gov/ace/index.htm
The Canadian Center for Child Protection	www.protectchildren.ca
Self Regulation – schools or home	http://www.zoneinproducts.com/products.html
The Mehrit Center (Self Regulation)	https://self-reg.ca/self-reg/
Mindfulness Program for Youth	http://thehawnfoundation.org/mindup/mindup-curriculum/
Stress Hacks	http://www.stresshacks.ca/index.html